

MOVIPREP - Bowel Preparation

Morning Appointment Instructions

General information:

This information may be slightly different from the instructions given by the manufacturers of Moviprep. This is because we want to ensure the best preparation for your procedure.

Why do I need to take the bowel preparation?

To ensure a thorough examination of your colon it must be emptied of waste material as your Endoscopist needs clear views of the lining of your digestive tract to enable detection of subtle abnormalities. The Moviprep bowel preparation is a strong laxative which will empty your bowel of waste material. It is important that you follow these instructions correctly. If you are not properly prepared the procedure may not be successful and may even result in the cancellation of the procedure.

While taking any bowel preparation we would encourage you to stay near a toilet. We recommend you use a barrier cream and wet wipes for your comfort.

Preparing for your Procedure:

If you are **diabetic** or take any **blood thinning medications (except Aspirin)**, please inform either:

Conquest Hospital Endoscopy Unit on 01424 757548
Eastbourne district General Hospital Endoscopy Unit on 01323 417400 extension 4215

Seven Days Prior to your Procedure:

If you take **iron tablets** or **medications to control diarrhoea** please stop taking them until after your examination. You should continue to take any other medication including medication for high blood pressure/cardiac conditions.

We advise that you avoid eating food with seeds in for the 7 days prior to taking your Moviprep Bowel preparation.

Two Days Prior to your Procedure:

Eat foods which are low in fibre. Avoid high fibre foods.

Low fibre foods which are allowed	High fibre foods which should be avoided
Eggs, white meat such as chicken (skinless), grilled or poached fish, cheese, tofu	Breakfast cereals
White bread/toast/butter/margarine, croissants, pasta, rice, boiled or mashed potatoes	Bacon, sausages, black pudding, red meat and pies
Water, fizzy drinks, fruit squash (NOT blackcurrant)	Fruit
Tea, coffee, clear soups	Nuts and pulses including baked beans
Ice cream, custard, boiled sweets	Any vegetables, fruit or salad
Shredless marmalade	Wholemeal or brown bread, puddings containing fruit or nuts, cakes and biscuits
	Yoghurts
	Potato skins or chips, wholemeal pasta, brown rice

The Day before your Procedure:

You should have a light breakfast from foods on the low fibre list before 08:00 hours.

AFTER 08:00 HOURS (8 AM)	13:00 HOURS (1 PM)
You can have as much clear fluid as you wish i.e. water , clear/strained soup, smooth fruit juice, soft drinks (e.g. lemonade, Lucozade), herbal teas or black coffee or tea (without milk). Add sugar if you like. If you are diabetic you can suck dextrose tablets and take Lucozade/soft drinks where necessary. NO SOLID FOOD	Make-up your first litre of MOVIPREP (sachets A and B) and drink it over 1-2 hours. Drink a glassful every 15 minutes until it is finished. It is also important to drink an additional 500ml of water or clear fluids during the evening. <i>Allow at least 2 hours for MOVIPREP to work after finishing the first litre.</i>
At 18:00 HOURS (6 PM) Make-up the second litre of Moviprep following the same instructions as before. Again, drink a glassful every 15 minutes until it is finished. YOU MUST STOP DRINKING 2 HOURS PRIOR TO THE PROCEDURE	

Preparing MOVIPREP:



- 1) Each box of MOVIPREP contains 2 sealed bags.



- 2) Each sealed bag contains 1 x 'sachet A' and 1 x 'sachet B'



- 3) Pour 1 x sachet A and 1 x sachet B into a jug.



- 4) Make-up to 1 litre with water (not chilled).



- 5) Stir until dissolved.



- 6) Drink one glassful (250ml) of the MOVIPREP every 15 – 30 minutes until it is finished (over 1-2 hours).

What to Expect:

Side effects: you may experience stomach cramping – this is normal. It is also normal to feel some nausea. If you begin to vomit, please contact your Endoscopy Department on the number listed overleaf for further advice.