

## MOVIPREP - Extended Bowel Preparation

### Afternoon Appointment Instructions

#### General information

This information may be slightly different from the instructions given by the manufacturers, this is because normal bowel preparation has either failed or is likely to fail. Extended bowel requires a longer period of preparation before the strong laxative bowel preparation is taken.

#### 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 the digestive tract to enable detection of subtle abnormalities. The 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 cancellation of the procedure.

#### 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

#### Ten Days Prior to your Procedure

If you take iron tablets or medications to control diarrhoea please stop taking them until after your examination. We advise that you avoid eating food with seeds.

You should continue to take any other medication as usual whilst preparing your bowel with the exception of **painkillers** avoid/use the minimum dose possible to remain comfortable as these often have a constipating effect. If you take laxatives regularly continue to do so an aim to promote regular bowel evacuations.

#### Three Days Prior to your Procedure

Begin to follow a low residue diet (see overleaf). Try to drink at least 2.5 litres of clear liquid a day, more if you wish.

#### One Day Prior to your Procedure

**Following a light breakfast from food on the low residue diet, no solid food is to be taken till after you have had your procedure. You must only drink clear fluids, no milk.** Continue to drink clear fluids throughout the day aim to drink three litres.

13.00 hrs (1 PM) - Take the first dose of Moviprep, (see overleaf for instructions on how to mix)

18.00 hrs (6 PM) - Take the second dose of Moviprep.

#### Day of Procedure

07.00 hrs (7 AM) - Take the third dose of Moviprep

You may continue to drink clear fluids until two hours before your procedure and then be nil by mouth if you plan to have sedation. If you are having a flexible sigmoidoscopy without sedation you may continue to drink.

**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.**

<b>Low fibre foods which are allowed</b>	<b>High fibre foods which should be avoided</b>
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

### Preparing MOVIPREP



1) You will be given 3 sealed bags of MOVIPREP.



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 in the previous page for further advice.