

# Patient information

## MOVIPREP - Extended Bowel Preparation

### Morning Appointment Instructions

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 that 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

0300 13 14 500 extensions 735297 / 142743 or direct dial 0300 131 5297

##### Eastbourne District General Hospital Endoscopy Unit

0300 13 14 500 extensions 734595 / 770552 or direct dial 0300 131 4595

#### 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.

#### Five Days Prior to your Procedure

Depending on when you receive your bowel prep, please eat low fibre foods ideally **5 days prior to your procedure** for optimum results. However, if you receive bowel prep less than 5 days before your procedure, begin a low fibre diet as soon as possible. Try to drink at least 2.5 litres of clear liquid a day, more if you wish.

#### One Day Prior to your Procedure

**NO SOLID FOOD IS TO BE TAKEN TODAY AND TILL AFTER YOU HAVE HAD YOUR PROCEDURE.**

<b>07.00 hrs (7 AM)</b>
Take the first dose of Moviprep (see below for instructions on how to mix)
<p>You must <b>only drink clear fluids, no milk.</b></p> <p>You can have as much clear fluid as you wish such as water, clear/strained soup, smooth fruit juice, soft drinks (e.g. lemonade, Lucozade), herbal teas or black coffee or tea (without milk). Avoid red fluids. Aim to drink three litres throughout the day. Add sugar if you like.</p> <p>If you are diabetic, you can suck dextrose tablets and take Lucozade/soft drinks where necessary.</p> <p>Allow at least 2 hours for MOVIPREP to begin to work after finishing the first litre.</p> <p>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.</p>
<b>13.00 hrs (1 PM)</b>
Take the second dose of Moviprep.
<b>18.00 hrs (6 PM)</b>
Take the third dose of Moviprep.

## The Day of your Procedure

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.

## 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 (250mls) 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.