

Moviprep® Bowel Preparation for Colonoscopy and Flexible Sigmoidoscopy (Endoscopy) Afternoon Appointment

Other formats

If you need this leaflet in another format such as Braille, large print, high contrast, British Sign Language or translated into another language, contact the Patient Advice and Liaison Service:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

Please note the information in this leaflet is provided as additional information for you. It is important that you also read the information sheet that is provided with your medication.

How to take your bowel preparation: for a standard afternoon appointment

Moviprep® is given prior to a colonoscopy or flexible sigmoidoscopy to ensure the bowel is empty. This allows for a complete investigation. It is essential that your bowel is empty for this investigation.

For your bowel to be empty, please follow these instructions carefully.

Five days before your Colonoscopy

Do not eat any nuts or seeds

Stop taking the following medication:

- Imodium® (loperamide)
- Codeine Phosphate
- Lomitol® (co-phenotrope)
- Iron Tablets or multivitamins that contain iron
- Fybogel® (ispaghula husk)

Please note all other medications such as heart tablets and blood pressure tablets should be continued as normal, including on the day of your test.

The pre-assessment nurse will advise you during your pre-assessment appointment if you are diabetic or are taking any medication that thins your blood, other than aspirin (which you can remain on).

Three days before your colonoscopy

Start a low-fibre diet.

Eat **only** from the foods in the following list.

Continue this diet until the day before your procedure.

One day before the procedure

Have a light breakfast and light lunch, then **stop eating solid food** until after your colonoscopy. Drink plenty clear fluids from the clear fluids list and stay hydrated.

Food List

✓ Choose	X Do not eat
Cereals: Cornflakes, Rice Krispies, Ricicles, Frosties, Sugar Puffs, Coco Pops, gluten-free alternatives	Wheat Bran, All Bran, Weetabix, Shredded Wheat, Oat Bran, bran flakes, wheat flakes, muesli, Ready Brek, porridge
Bread: White, bagels, baguettes, muffins, etc. Any bread made with white flour.	Wholemeal, high fibre white, soft grain or granary bread, oat bread
Pasta: White pasta, white rice, orzo	Wholemeal pastas, brown rice
Flour: White	Wholemeal or granary flour, wheatgerm
Dairy: Milk all types, plain yoghurt, custard, vanilla ice-cream, butter, margarine, creams	Fruit and vegetables: Including pulses lentils and Quorn. Soya, Almond and oat milks. Yoghurt containing fruit or nuts.
Savouries: Chicken, turkey, fish, cheese and eggs or vegan/vegetarian alternative. Potato, boiled or mashed	All red meats, including Quorn, tofu-based alternatives
Puddings, pastries, cakes, etc.: Milk pudding, mousse, sponge cakes, Madeira cake, Rich Tea biscuits or wafer biscuits, vanilla ice-cream, custard, creams	Those containing wholemeal flour, oatmeal, nuts, dried fruit, e.g. fruit cake, Ryvita, digestive or Hobnob biscuits, etc.
Preserve and sweets: Sugar, jam or marmalade (no bits), honey, golden syrup, lemon curd	Jam or marmalade with pips, skin and seeds, sweets and chocolates containing nuts and/or fruit, muesli bars

✓ Choose	X Do not eat
Soups: Clear soup, e.g. Consommé	Any soups with vegetables, lentils beans or 'cream of' soups
Miscellaneous: Salt, pepper, vinegar, mustard, salad cream, mayonnaise, boiled sweets, glucose tablets, mints, milk chocolate	Nuts, seeds, Quorn, fresh ground peppercorns, hummus

- **Do not fry food**
- **Do NOT** eat any fruit, vegetables, red meats or wholemeal/wholegrain products.
- **Avoid** seeds and sweetcorn, especially
- **Drink plenty of fluids**

Clear fluids

Below is a list of fluids that can still be taken after you have stopped eating solid food. **If you are diabetic**, it is important that when you are fasting, you choose some full-fat sugary drinks/sweets, for example: Lucozade®/fruit pastilles, to maintain your sugar levels. Please refer to your diabetic leaflet and advice given by pre-assessment/diabetic nurse.

Clear Fluids

✓ Choose	X Avoid
All types of water	Do not drink milk or milk-based drinks
Black tea and coffee, herbal teas, fruit teas	
Lucozade and all other types of 'sport' drinks	
Fizzy drinks, e.g. coke, ginger beer, tonic water	
Clear fruit juice, such as apple, cranberry, pomegranate	Avoid orange juice, grapefruit juice, pineapple juice, tomato juice
Fruit squash or cordial	Avoid blackcurrant, summer fruit, apple and blackcurrant flavours
Hot honey and lemon	
Oxo, Marmite, Bovril	
Consommé clear soup, not vegetable based	
Any sugar-based sweets, e.g., Foxes Glacier Fruits and Mints, Polos, fruit pastilles, jelly babies. Dextrose tablets may also be taken.	Avoid black or red jelly babies, wine gums or fruit pastilles

On the morning of the procedure

Remember to not eat any solid food.

If you have any allergies, please check the preparations ingredients before taking.

- At **6am** make up the first litre of Moviprep® mixing and dissolving the contents of the second pack (sachet A and B) together in 1 litre of still, cold water for 5 minutes
- Then drink a cup slowly every 15 minutes until the jug is empty
- **Continue to drink clear fluids**
- At **10am** make up the second litre of Moviprep® by Combining and dissolving sachet A and B together in 1 litre of still, cold water for 5 minutes
- Then drink a cup slowly every 15 minutes until the jug is empty
- **Last dose to be fully consumed no later than 11.30am**
- It is important to not become dehydrated. If you are having a colonoscopy or flexible sigmoidoscopy you will already be on a clear fluid diet. You may drink clear **non-fizzy fluids**, such as plain squash, black tea or coffee (no milk), which you can continue until your procedure. Please drink plenty of fluids.

Important information about taking Moviprep®

Please also refer to the Moviprep® leaflet if you have any allergies, please check the ingredients before taking.

If you do not like the taste, you can add fruit squash/cordial, but not blackcurrant as this will stain the bowel wall.

You should experience frequent (12-15) liquid bowel actions and eventually diarrhoea within an hour or so of drinking the Moviprep® some stomach cramping is normal.

Your bottom may become sore. You may find that applying a barrier cream such as Vaseline® or Sudocrem® to your bottom may reduce irritation.

If you have any difficulties

Sometimes the bowel preparation may cause side effects such as nausea, vomiting or abdominal pain.

If you feel clammy, faint or vomit, please stop taking the preparation and contact the Endoscopy Unit on **01392 402 400** within office hours. **Out-of-hours**, please contact **111** or in an emergency **999**. If you feel you will be unable to complete the bowel preparation successfully, please contact the Endoscopy Unit.

Contact details

Royal Devon University Healthcare NHS Foundation Trust

Endoscopy Unit Tel: 01392 402 400

Opening hours: Monday to Saturday, 8am - 5pm

Your notes

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please contact PALS:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
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You can also share your feedback on the Care Opinion website at www.careopinion.org.uk or freephone 0800 122 3135.

Scan the QR code to visit the Care Opinion website →



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