

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

Morning 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 morning appointment

Moviprep® is given prior to a colonoscopy or flexible sigmoidoscopy to ensure the bowel is empty. This allows 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
- Lomitil® (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 choose column.

Continue this diet until the day before your procedure.

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: Pulses lentils and Quorn Soya, almond and oat milks Yogurt containing fruit or nuts |
| Savouries: Chicken, turkey, fish, cheese and eggs or vegan/vegetarian alternative, boiled or mashed potato without skin | 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 |
| Soups: Clear soup, e.g. Consommé | Any soups with vegetables, lentils, beans or 'cream of' soups |
| Miscellaneous: Salt, pepper, vinegar, mustard (not wholegrain), 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**

One day before your procedure:

Have a light breakfast **before 9am** from the food list then stop eating solid food until after your colonoscopy.

It is important to stay hydrated by drinking plenty of fluids from the clear fluid list.

From 9am drink clear fluids from the clear fluid list (below) to stay hydrated, aiming to have approximately 150ml per hour minimum.

It is important that you read the rest of this booklet fully before you make up and consume your Moviprep®.

At **7pm** make up the first litre of Moviprep® by mixing and dissolving the contents of the first 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 fluids from the clear fluid list.

Clear fluids

Below is a list of fluids that can still be taken after you have stopped eating solid food. 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.

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 your pre-assessment/diabetic nurse.

Clear Fluids

| ✓ Choose | X Do not eat |
|--|--|
| 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' | |

| ✓ Choose | X Do not eat |
|---|---|
| Fizzy drinks, e.g. coke, ginger beer, tonic water | |
| Clear fruit juice, such as apple, cranberry, pomegranate, white grapefruit juice | 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.

At **5am** make up the second 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.

Last dose to be fully consumed no later than 6am

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.

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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Scan the QR code to visit the Care Opinion website →

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