

Moviprep Bowel Preparation for Colonoscopy and Flexible Sigmoidoscopy (Endoscopy)

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.

Information about taking Moviprep

Moviprep is given prior to a colonoscopy or flexible sigmoidoscopy to ensure the bowel is empty this allows a complete investigation. Please follow these instructions carefully. When taking Moviprep some intestinal cramping is normal.

- If you feel clammy, faint or vomit, please stop taking Moviprep and contact the Endoscopy Unit on **01392 402400**. The opening hours are Monday to Saturday 8am to 5pm.
- If you have an urgent query outside of these hours please contact your GP for advice.
- If you have a query about your appointment time, please ring the Endoscopy Booking Office on **01392 402246**. The opening hours are Monday to Friday 8am to 5pm.

Preparation to ensure an empty bowel

Five days before your colonoscopy:

Day/date

If you take iron tablets or medication to control diarrhoea please stop taking them until after your colonoscopy. You should continue to take any other medication, including laxatives.

Please avoid eating nuts and seeds.

Three days before your colonoscopy:

Day/date

You may eat your normal meals for the day but avoid high fibre foods such as fruit, vegetables (including potatoes), red meats, wholemeal bread and whole grain products (please see the food list).

Please avoid eating nuts and seeds.

Dietary advice

Food	
✓ CHOOSE	✗ AVOID
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 four, wheatgerm
Dairy: Milk all types, plain yoghurt, custard, vanilla ice cream, butter, margarine, creams	Fruit and vegetables: Including Potatoes 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	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, salad cream, mayonnaise, boiled sweets, glucose tablets, mints	Nuts, seeds, Quorn, fresh ground peppercorns, hummus

Instructions for taking Moviprep

Please also refer to the MOVIPREP® leaflet. Dissolve the contents of sachet A and sachet B into 1 litre of water (1¾ pints). If you do not like the taste you can add fruit squash but not blackcurrant as this will stain the bowel or drink a carbonated drink such as bitter lemon alongside. Moviprep may be easier to take when drunk through a straw and when chilled.

Remember to drink additional clear fluid throughout as the bowel preparation will not hydrate you..

You should experience frequent (12-15) liquid bowel actions within an hour or so of drinking the Moviprep.

You may find that applying a barrier cream such as Vaseline® / Sudocrem® to your bottom will reduce any soreness the diarrhoea may cause.

When taking Moviprep some intestinal cramping is normal. If you feel clammy, faint or vomit, please stop taking the preparation and contact the Endoscopy Unit on **01392 402400** within office hours. Out of hours call your GP for advice.

If you have a morning procedure

(If your appointment time is *BEFORE* 12 midday)

One day before your colonoscopy:

Day/date

- Have a light breakfast **before 9am** (see food list) and then **STOP EATING** solid food until after your colonoscopy.
- From **9am** please take plenty of clear fluid and **drink at least 2 cups every hour throughout the day**. Please drink sugary drinks, not diet or sugar free versions.
- At **5pm** make up your first litre of Moviprep. **Drink this litre over the next 1-2 hours**. Drink an extra 2 glasses (500mls) of clear fluids with the first litre of Moviprep.
- At **8-9 pm** make up your second litre of Moviprep. **Drink this litre over the next 1-2 hours**. Drink an extra 2 glasses (500mls) of clear fluids with the second litre of Moviprep.

Allow 2 hours for the Moviprep to work after finishing the second litre, before leaving home in plenty of time for your appointment.

Below is a list of fluids that can still be taken after you have stopped eating solid food. They can be taken right up until 2 hours before your appointment time.

Drinks	
✓ CHOOSE	✗ AVOID
All types of water	Avoid all milk and milk based drinks whilst on the clear fluid diet. This includes powered milk or instant drinks containing milk
Black tea and coffee (this includes fruit & herbal 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, white grape juice	
Fruit squash or cordial	
Hot honey and lemon	
Oxo, Marmite, Bovril	
Consommé (clear soup)	
Any sugar based sweets e.g. Foxes Glacier Fruits and Mints, Polos, fruit pastilles, jelly babies. Dextrose tablets may also be taken.	

If you have an afternoon procedure

(If your appointment time is *AFTER* 12 midday)

One day before your colonoscopy:

Day/date

- Have a light lunch **before 1pm** (see food list) and then **STOP EATING** solid food until after your colonoscopy.
- From **1pm** please take plenty of clear fluid and **drink at least 2 cups every hour throughout the day**. Please drink sugary drinks, not diet or sugar free versions.
- At **7pm** make up your first litre of Moviprep. **Drink this litre over the next 1-2 hours**. Drink an extra 2 glasses (500mls) of clear fluids with the first litre of Moviprep.

On the day of your procedure:

Day/date

At **6am** make up your second litre of Moviprep. **Drink this litre over the next 1-2 hours.** Drink an extra 2 glasses (500mls) of clear fluids with the second litre of Moviprep.

Remember **DO NOT EAT ANY SOLID FOOD**. You may continue to take fluids UP UNTIL 2 HOURS before your appointment time and then NIL BY MOUTH fromuntil after your procedure.

Allow 2 hours for the Moviprep to work after finishing the second litre, before leaving home in plenty of time for your appointment.

If you have any queries regarding the special diet requirements, please contact the Endoscopy Unit on **01392 402400**.

Current medication

It is important that you make your nurse aware if you are taking any of the following medication so that they may decide if bowel preparation is suitable for you to take.

- Diuretics
- Corticosteroids e.g. Prednisolone
- Lithium
- Non-steroidal anti-inflammatory medicine e.g. Diclofenac
- Tricyclic antidepressants
- Antipsychotic drugs e.g. Chlopromazine, Clozapine, Risperidone
- Carbamazepine
- Antiepileptics
- Contraceptives
- Diabetic medications
- Antibiotics
- Angiotensin II receptor antagonists or ACE inhibitors

Please also let the nurse know if you have any of the following conditions:

- Bowel obstruction or perforation, acute intestinal or gastric ulceration, recent gastrointestinal surgery
- Acute severe colitis, inflammation of the large bowel (IBD, ischemic or infective)
- Kidney impairment
- Congestive heart failure
- Difficulty swallowing
- Difficulty mobilising
- A previous reaction to bowel preparation

If you require further information please contact the Endoscopy unit on 01392 402400 within office hours.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

© Royal Devon University Healthcare NHS Foundation Trust

Designed by Graphics (Print & Design), RD&E (Heavitree)