

Double Preparation with Moviprep® for Colonoscopy

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.

Information about taking Moviprep®

Moviprep® is given prior to 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. It is essential that your bowel is empty for this investigation.

Preparation to ensure an empty bowel

Six days before your colonoscopy

Day:

Date:

Do not eat any nuts or seeds

Stop taking the following medication

- Imodium® (loperimide)
- Codiene 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.

If you are **diabetic** the pre-assessment nurse will advise you about your medication and diet during your pre-assessment appointment. **The nurse will advise you if you are taking any medication that thins your blood other than aspirin** (which you can remain on).

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

Four days before

Day:

Date:

- Start a low fibre diet.
- Eat **only** from the foods in the following list.
- **Continue this diet until two days before your procedure.**

✓ 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.
Potatoes , boiled or mashed	Fruit and vegetables, including pulses, lentils and Quorn.
Dairy: Milk, plain yoghurt, custard, vanilla ice cream, butter, margarine, cheese, creams.	Yogurt containing fruit or nuts; soya, almond and oat milks.
Savouries: chicken, turkey, fish, cheese and eggs or vegan, vegetarian alternative.	All red meats; Quorn and tofu-based alternatives.
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.	Vegetable, lentil or bean soups.
Miscellaneous: Salt, pepper, vinegar, mustard, salad cream, mayonnaise, boiled sweets, glucose tablets, mints.	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.

Choose some sugary options as this will replace your carbohydrates to stop you feeling faint when fasting.

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 consume
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.	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).	
Any sugar-based sweets, e.g., Foxes Glacier Fruits and Mints, Polos, Fruit Pastilles, Jelly Babies. Dextrose tablets may also be taken.	Black Jelly Babies, Wine Gums or Fruit Pastilles.

Follow for morning appointments only

Morning Appointment (appointment before 12 midday)

Two days before your colonoscopy

Day:

Date:

Have a **light lunch before 1pm** from the food list then **stop eating** solid food until after your colonoscopy.

It is important to stay hydrated.

- from **1pm drink clear fluids** from the clear fluid list to stay hydrated aiming to have approximately 150ml per hour minimum
- 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 one litre of still cold water for five minutes
- then drink a cup slowly every 15 minutes until the jug is empty
- **continue to drink fluids from the clear fluid list.**

One day before your procedure

Day:

Date:

Remember, do not eat anything. Continue to take plenty of clear fluid as yesterday. Please drink sugary drinks, not diet or sugar free versions.

- at **7am** make up and drink the **second litre of Moviprep®**
- drink a cup slowly every 15 minutes until the jug is empty
- at **7pm** make up your **third litre of Moviprep®**
- drink a cup slowly every 15 minutes until the jug is empty

continue to drink fluids from the clear fluid list.

On the morning of the procedure

Remember not to eat any solid food.

- at **5am** make up and drink your **fourth litre of Moviprep®**
- 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.

Follow for afternoon appointments only

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

Two days before your colonoscopy

Day: Date:

Have a light lunch **before 1pm** (see food list). Then **Stop Eating** solid food until after your colonoscopy.

- At **7pm** make up your **first litre of Moviprep®**. Combine and dissolve sachet A and B together in two pints (one litre) of still cold water for five minutes.
- Drink a cup slowly every 15 minutes until the jug is empty
- **Continue to drink clear fluids**

One day before your procedure

Day: Date:

Continue to take plenty of clear fluid as yesterday. Please drink sugary drinks, not diet or sugar free versions

- at **7am** make up and drink the **second litre of Moviprep®**
- drink one cup slowly every 15 minutes until the jug is empty
- continue to drink clear fluids.

Remember, do not eat anything.

Continue to take plenty of clear fluid as yesterday. Please drink sugary drinks, not diet or sugar free versions.

- at **7pm** make up your **third litre of Moviprep®**
- drink a cup slowly every 15 minutes until the jug is empty
- **continue to drink clear fluids.**

On the day of your procedure

Day:

Date:

- At **7am** make up your **fourth litre of Moviprep®**
- Drink a cup every 15 minutes until the jug is empty this litre over the next one - two hours
- **Last dose to be fully consumed no later than 8am**

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.

Important information about taking Moviprep®

Please also refer to the Moviprep® Leaflet.

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 be sore. You may find applying a barrier cream such as Vaseline® or Sudocrem® to your bottom can 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 402400** within office hours.

Out of hours call your GP or **111** for advice.

If you feel you will be unable to complete the bowel preparation successfully, please contact the endoscopy unit.

Contact details

Royal Devon University Healthcare Trust.

Endoscopy Unit Tel: 01392 402400

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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- rduh.pals@nhs.net

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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.



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