

Extended Bowel Preparation for Colonoscopy and Flexible Sigmoidoscopy with Moviprep[®] and Senna - Morning Procedure

(CF Preparation)

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

Five days before your colonoscopy or flexible sigmoidoscopy

Date: _____

Stop taking the following medication:

- Imodium[®] (loperamide)
- Codeine Phosphate
- Lomotil[®] (co-phenotrope)
- Iron tablets or multivitamins that contain iron
- Fybogel[®] (ispaghula husk).

If you take iron tablets or medication to control diarrhoea, please stop taking them until after your test. Continue to take any other medication including laxatives unless advised. Please stop eating nuts and seeds.

Three days before your colonoscopy or flexible sigmoidoscopy

Date: _____

Do not eat fruit, vegetables, red meat, whole grain or whole bran products. Please see list of suggested food to choose and avoid.

Dietary advice	
✓ Choose	X Avoid
Cereals: Cornflakes, Rice Krispies®, Ricicles®, Coco Pops®, Sugar Puffs®	All Bran, Weetabix®, Shredded Wheat®, oat bran, Bran Flakes, muesli, Ready Brek®, porridge
Bread: White, rolls, plain scones, croissants	Brown bread Wholemeal/wholegrain/seeded/granary or oat. Whole-Wheat pasta, Whole-wheat noodles, brown rice.
Pasta: White, noodles and white rice	Fruit and vegetables
Savouries: Chicken, turkey, fish, cheese, eggs, fishfingers. Boiled or mashed potato (no skin).	All red meat
Puddings, pastries and cakes: Rice pudding, mousse, sponge cakes, pancakes, rich tea biscuits, plain crackers, vegan biscuits (Arrowroot)	Wholemeal flour, oatmeal, nuts, dried fruit, fruit cake, Ryvita®, digestives or Hobnobs®
Soup: Consommé, sieved soups	Vegetable, lentil, or bean soups
Miscellaneous: Jelly (not red), mayonnaise, honey, syrup, butter, margarine, vegetable oil, mustard, salad cream, yoghurt, cream, ice-cream. Jam (no bits or seeds).	Ground peppercorns, hummus, marmalade
Dairy-free alternatives, gluten free products. Vegan jellies, tofu.	Quorn

One day before your colonoscopy or flexible sigmoidoscopy

Date: _____

- **6am** Take four x 7.5mg senna tablets spaced out with plenty of water
- **7am** Have a light breakfast before 7am then STOP eating. Drink plenty of clear fluid at least two cups every hour. Refer to **permitted fluid list** for fluids to choose and avoid
- Please drink sugary drinks, not diet or sugar-free versions
- **8am** Make up your **first litre** of Moviprep®. Drink this litre over one to two hours. Drink an extra two cups (500ml) of clear fluids with the first litre of Moviprep®.
- **10am** Take four x 7.5mg senna tablets spaced out with plenty of water

- **12pm** Make up your **second litre** of Moviprep®. Drink this litre over the next one to two hours. Drink an extra two cups (500mls) of clear fluids with the second litre of Moviprep®.
- **At 2pm** Take four x 7.5mg senna tablets spaced out with plenty of water
- **At 4pm** make up your **third litre** of Moviprep®. **Drink this litre over the next one to two hours.** Drink an extra two glasses (500ml) of clear fluids with the third litre of Moviprep®. Then continue to drink clear fluids from the clear fluids list.

How to prepare Moviprep®

Dissolve contents of sachets A and B into a litre of cold water. You can add squash, but not blackcurrant, and you can also have a carbonated drink alongside your Moviprep®. It can be easier if you chill it and drink through a straw. You should aim to drink one glassful (250mls) every 15-30 minutes, this should take you between one and two hours to complete. When taking this medication remain close to the toilet.

- If you feel clammy or faint, or if you vomit (being sick), please stop taking the preparation and contact the Endoscopy unit on **01392 402400** (Monday to Saturday: 8am - 6pm, for out of hours please call 111)
- Please also refer to the Moviprep® or Senna manufacturers leaflets for a full list of possible side effects Remember to drink additional clear fluid from the permitted clear fluids list to stay hydrated throughout, as the bowel preparation tends to dehydrate you. 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. 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/stomach cramping is normal. If you experience severe abdominal pain or are unable to open your bowels within six hours of taking this medication, please contact 111 or a doctor immediately for medical advice. In an emergency contact 999.

On the day of your colonoscopy or flexible sigmoidoscopy

- 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.
- Permitted clear fluids
 - Water
 - Black tea
 - Black coffee
 - Coca Cola®
 - Lemonade
 - Soda water
 - Herbal teas
 - Consommé (clear soup/broth)
 - Squash (lime, lemon or orange)
 - Lucozade®
 - Hot honey and lemon
 - Clear apple juice
 - Yeast or beef extract drinks such as Bovril and Oxo®

Additionally, you can have any sugar-based sweets, Foxes® Glacier Fruits, mints, Polos® and dextrose tablets.

Do not consume any milk-based drinks.

Do not have blackcurrant or red summer fruit squash, or orange juice.

Do not have red or purple sugar-based sweets.

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).

If you have any difficulties

When taking **Moviprep®** and **Senna**, some intestinal cramping is normal. Senna can also cause dizziness; you need to be careful getting up from any chairs.

If you feel clammy, faint or vomit (being sick), please stop taking the preparation and contact the Endoscopy Unit on **01392 402400** (Monday to Saturday: 8am - 6pm, for out of hours, please call **111**) or in an emergency 999

When taking Moviprep® some intestinal/stomach cramping is normal. If you experience severe abdominal pain or are unable to open your bowels within six hours of taking this medication, please contact **111** or a doctor immediately for medical advice. If in an emergency contact 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 Trust
Endoscopy Unit
Tel: **01392 402 400**
Opening hours: Monday to Saturday 8am - 6pm

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)
- 01271 314090 (for North Devon services)
- 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.



Scan the QR code to visit the Care Opinion website →

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