



Instructions for taking Moviprep bowel preparation

You have been prescribed an oral bowel cleansing agent which is also known as bowel preparation. It is important to follow these instructions carefully to ensure that you take this bowel preparation in a safe manner and also have a clear bowel so that good views are obtained during your test.

There is a risk of developing dehydration, low blood pressure or kidney problems with this medication. The doctor prescribing the oral bowel preparation will have assessed your risk and identified the most appropriate medication for you. You may also have had a blood test to assess your kidney function.

You should make sure that you drink enough fluids while you are taking the bowel preparation to avoid dehydration. The symptoms of dehydration include dizziness or light-headedness (particularly on standing up), thirst or a reduced urine production. Try to drink a glass of water every hour that you are awake.

Medications

You should follow any specific advice that you have been given regarding your regular medications.

Medications that you may have been asked to temporarily discontinue include:

- **antihypertensives** (to lower your blood pressure, such as Ace inhibitors like Ramipril)
- **diuretics** ("water tablets" such as Furosemide)
- **non-steroidal anti-inflammatory drugs** (a type of painkiller, such as Ibuprofen)
- **iron preparations** (for anaemia, such as Ferrous Sulphate)
- **Aspirin, Dipyridamole, Clopidogrel or Warfarin** (these are medications that thin your blood; you may have been asked to discontinue them depending on the nature of the procedure that is planned).

If you have not received specific advice regarding your regular medications then you should continue to take them as normal. However, you may need to change the timing as it is preferable to avoid taking them less than one hour either side of bowel preparation.

Patients taking immunosuppression for transplanted organs should seek the advice of their doctor before taking bowel preparation.

Patients taking the oral contraceptive pill should take alternative precautions during the week following taking any bowel preparation.

We would like you to follow the following instructions while taking your bowel preparation as it is so important that we obtain a good view when you have your test. You may notice that there are some other instructions in your box of bowel preparation but we feel that you will have a better result by following these instructions.

Three days before colonoscopy

Do not take bran or high fibre foods. It is preferable to take low-fibre foods at this time.

Low-fibre foods which are preferred:

- white meat, skinless chicken, grilled or poached fish
- cheese, eggs, tofu
- plain ice-cream, custard, clear jelly (not blackcurrant), boiled sweets
- butter, margarine
- white bread, pasta, rice, boiled or mashed potatoes.

Foods which you should avoid:

- red meat, sausages and pies
- any fruit or salad
- vegetables
- potato skins or chips
- wholemeal or brown bread
- nuts and pulses, including baked beans
- wholemeal pasta, brown rice
- puddings containing fruit or nuts
- cakes and biscuits
- yoghurts.

The day before colonoscopy

Moviprep is a strong laxative which will cause diarrhoea and empty the bowel. It is wise to stay near to a toilet once you have taken this medicine. Avoid travelling or going to work.

Prepare each litre of your Moviprep as follows:

1. Each box of Moviprep contains two sealed plastic bags (1xsachet A & 1xsachet B).
2. Pour 1 sachet A and 1 sachet B into a jug. Make up to 1 litre with water (not chilled)
3. Stir until dissolved (solution is clear or slightly hazy)
4. Drink one glassful (250ml) of Moviprep every 15-20 minutes until you have drunk it all (over about 1-2 hours). Take your time, there is no need to rush.
5. You should also drink about 500ml of water or clear fluids with each litre of Moviprep taken.

Please note that instructions for taking Moviprep are different if you are having a colonoscopy in the morning (AM colonoscopy instructions), or in the afternoon (PM colonoscopy instructions). These are as follows:

AM colonoscopy instructions:

- Have breakfast before 9am. Do not eat anything after this because your bowel must be completely empty for the colonoscopy. For breakfast stick to the low fibre foods mentioned above.
- After 9am you may also have clear soup, soft drinks, tea and coffee (without milk). All your drinks must be clear. Avoid milk, fruit and puddings. Do not take solid food.
- At 5pm make up your first litre of Moviprep (sachets A and B) and drink it over 1-2 hours. Have a rest for 2 hours. It is important to drink an additional 500 ml of water or clear fluids with each litre of Moviprep.
- At 8-9pm make up your second litre of Moviprep (sachets A and B) and drink it over 1-2 hours. It is important to drink an additional 500 ml of water or clear fluids with each litre of Moviprep during the evening.

- Allow 2 hours for Moviprep to work after finishing the second litre. You can go to bed when you stop going to the toilet (for example 11pm).

PM colonoscopy instructions:

- On the day before your colonoscopy have lunch before 1pm. Do not eat anything after this because your bowel must be completely empty for the colonoscopy. For breakfast and lunch stick to the low fibre foods mentioned above.
- After 1pm you may also have clear soup, soft drinks, tea and coffee (without milk). All your drinks must be clear. Avoid milk, fruit and puddings. Do not take solid food.
- At 7pm make up your first litre of Moviprep (sachets A and B) and drink it over 1-2 hours. It is important to drink an additional 500 ml of water or clear fluids with each litre of Moviprep during the evening.
- Allow 2 hours for Moviprep to work after finishing the second litre. You can go to bed when you stop going to the toilet (for example 10pm).
- On the day of the colonoscopy remember not to eat anything. At 6am make up your second litre of Moviprep (sachets A and B) and drink it over 1-2 hours. It is important to drink an additional 500 ml of water or clear fluids with each litre of Moviprep during the morning.
- Once again you will have watery bowel movements which will stop after 2 hours allowing you to leave home in good time for your appointment. Allow 2 hours for Moviprep to work before leaving your hospital appointment.

On the day of colonoscopy

- Continue to take plenty of clear fluids until 4 hours before the test.
- Do not take any solid food.

If you are concerned or worried during preparation for your colonoscopy, please do not hesitate to contact the hospital or your doctor for advice.

Fluids allowed

You may choose from the following:

- tea with lemon or sugar if desired but without milk
- black coffee with sugar if desired but without milk
- water
- clear fruit squash
- Oxo, Bovril, Marmite (weak)
- stock cubes
- clear soups and broths (sieved) or consommé
- jelly (containing NO fruit)

You must not have any milk or any drinks containing milk.

Please do not take any solid food on the day of your colonoscopy.

If you experience problems, advice is available on 0161 918 7324 or our secretary on 0161 918 7948 will take a message. Out of hours (7pm to 7am) please contact Ward 10 on 0161 446 3860.

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence. If you would like to have details about the sources used please contact **patient.information@christie.nhs.uk**

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