



## BOWEL PREPARATION FOR COLONOSCOPY USING MOVIPREP

In order to prepare the bowel for the Colonoscopy examination, it is essential that you drink plenty of clear fluids (e.g. black tea, black coffee, water, fruit squash (NOT blackcurrant), carbonated water, clear soup, Bovril and Oxo) throughout the treatment with MOVIPREP. Please drink at least a tumblerful of clear fluid every waking hour during the treatment day and continue the same on the day of examination until two hours before your colonoscopy.

Please find enclosed the four sachets of MOVIPREP and your instructions which are essential for a proper examination.

### **7 days prior to colonoscopy.**

Stop taking any iron tablets or constipating agents (such as immodium, loperamide or codeine) which you may have been prescribed. Continue with all other medications and any laxatives until your colonoscopy.

### **2 days prior to colonoscopy.**

Eat only foods from the following list: eggs, cheese, white bread, butter/margarine, rich tea biscuits, potatoes (no skins), white fish or skinless chicken. **DO NOT EAT** brown bread, red meat, pink fish, fruit, vegetables or cereals in any form. **Do have plenty to drink.**

### **When to take MOVIPREP:**

Start taking MOVIPREP the day before the Colonoscopy appointment. Remember you need to drink an **additional 500mls of water or clear fluids** with each litre of MOVIPREP.

#### **If you have a morning appointment:**

Take the first litre of MOVIPREP during the late afternoon (from about 5pm) and the second litre in the evening (from about 8pm) the day before your appointment. This will take about 4 to 6 hours altogether.

#### **If you have an afternoon appointment:**

Take the first litre of MOVIPREP in the evening (from about 7pm) before your appointment, and the second litre the next morning (from about 6am). This takes about 1-2 hours each time.

### **How to take MOVIPREP:**

**Do not eat anything from 6 hours before you start taking MOVIPREP**, until after the colonoscopy is over. You can have clear fluids.

1. Pour the contents of one sachet A and one sachet B into a large jug. Fill the jug with 1 litre (1¾ pints) of water. Stir until the solution is clear. Add cordial to taste (not blackcurrant).
2. Drink 1 tumblerful of MOVIPREP about every 15-30 minutes until you have drunk it all. You can take your time over this (1 to 2 hours altogether).
3. You should also drink an additional 500mls (approximately one pint) of clear fluids after each litre of MOVIPREP.
4. Make up and take the next 2 sachets (A and B) in the same way. You should be starting to have watery bowel movements so stay near a toilet.

#### **What else do I need to know?**

- **Stay near a toilet.** You should start opening your bowels 1 to 2 hours after starting to take MOVIPREP. As MOVIPREP cleans the gut it will make you produce watery bowel movements like diarrhoea.

### **After taking the MOVIPREP:**

You should expect frequent bowel actions and eventually diarrhoea within two hours of the first sachets. Side effects can include nausea, bloating, abdominal pain and vomiting. Please use some barrier cream such as zinc and castor oil if necessary on your bottom to prevent soreness. Stay within easy reach of a toilet after starting the preparation.

If you are taking any oral medication please discuss with your doctor as the medicines are likely to have been flushed out due to the preparation.

**Continue to drink clear fluids until two hours before your appointment time.**

If you have had any difficulties with the above procedure or you have any concerns regarding this procedure, please ring the Endoscopy Department on 01582 – 497298 and speak to a member of the nursing staff.

**If you do not follow these instructions, it will not be possible for us to do the colonoscopy test.**