

**BOWEL PREPARATION - MOVIPREP**

**Preparation for a colonoscopy**

7 days before your procedure – Stop taking all iron tablets

4 days before your procedure – stop taking any constipating drugs eg codeine

3 days before your examination you should increase your fluid intake to up to four litres (eight pints) a day and commence a low fibre diet.

**What is a low fibre diet?**

The effect of fibre on stools is that it increases their size and wetness. A diet low in fibre will therefore reduce the amount of stool formed because most of the diet will be digested and absorbed by the bowel. The smaller the amount of stool produced, the clearer the bowel will be.

**IMPORTANT INFORMATION**

**If you take any medicines which thin your blood such as anticoagulants / antiplatelets (eg clopidogrel, warfarin, aspirin, rivaroxaban, apixaban, edoxaban). Please let your doctor or nurse know as soon as possible.**

**Please let us know if you have any of the following as special arrangements may need to be made:**

* **Had rheumatic fever**
* **Have artificial heart valves**
* **Have diabetes**
* **Have glaucoma**
* **Have had a heart attack in the last 6 months**
* **Are waiting for heart surgery**
* **Waiting for coronary angioplasty**
* **Have a pacemaker**
* **Have allergies**
* **Have had a reaction to an anaesthetic or medicine**

**LOW FIBRE DIET – FOODS ALLOWED:**

Meat – Any lean, poultry, ham, liver, kidney

Fish

Eggs

Potatoes – Boiled, mashed (no skins)

Vegetables – well cooked cauliflower florets (no stalks), carrots, asparagus, parsnips (peeled), turnips, swede, Courgettes (peeled), Cucumber (peeled)

Fruit – Only Grapefruit (avoid pith), Lychees, Pears, Apples, Peaches (peeled, cooked and sieved), Bananas

Consommé or strained soup

White bread, rise, pasta

Water biscuits, cream crackers, rich tea, plain sponge cake

Squash, Fizzy drinks, Water, Bovril, Marmite

**Morning Appointment:**

**Day before the examination**

Following a light breakfast, a fluid only diet is allowed. This includes water, cold drinks, fruit squashes, clear soups, tea, coffee, Bovril. **DRINK AS MUCH FLUID AS POSSIBLE. As a rough estimate drink a glass of fluid every hour.** On the day of the examination you may drink water until 2 hours prior to your procedure.

Preparing Moviprep

Each box of Moviprep contains two sealed plastic bags (1 x sachet A and 1 x sachet B). Pour sachet A and sachet B into a jug. Make up to 1 litre with water (not chilled). Stir until dissolved (solution clear or slightly hazy). Add cordial to taste as required (not blackcurrant). Drink one glassful (250ml) of the Moviprep every 15 – 30 minutes until you have drunk it all (over about 1 – 2 hours). You should also drink an additional 500ml of water or clear fluids with each litre of Moviprep taken.

If you take any oral medicine, do not take it an hour either side of drinking your dose of Moviprep.

After you drink Moviprep you will have lots of watery bowel movements so stay near a toilet because you may need to use it urgently.

Always read the label. It is extremely important to complete your bowel preparation fully as instructed because your doctor will need to have a clear view of the inner lining of your bowel.

For full details, please refer to the patient information leaflet supplied with your box of Moviprep.

**For Morning appointments**:

Drink the first Moviprep at 4.30pm, over 1 -2 hours. Drink the second Moviprep at 8pm, over 1 -2 hours

**For Afternoon appointments:**

Drink the first Moviprep at 7pm, the day before your procedure. Drink over 1 -2 hours. Drink the second Moviprep at 5.30am on the morning of your procedure, over 1 – 2 hours

**For Evening appointments:**

Drink the first Moviprep at 06.30am on the morning of your procedure. Drink over 1 -2 hours. Drink the second Moviprep at 10am on the morning of your procedure. Drink over 1-2 hours.

\*Patient Information Leaflet and Moviprep booklet to be read in conjunction with this information\*

**NOTE: If your Consultant has given you specific instructions, you should follow these instead of the above!**