

Taking Moviprep bowel preparation for your colonoscopy: afternoon appointments

This leaflet will provide you with advice and instructions for taking Moviprep bowel preparation in readiness for your colonoscopy procedure. The instructions will be a little different from the instructions from the manufacturers of Moviprep. This is because we want to ensure the best preparation for your procedure.

When taking bowel preparation, we highly recommend staying near a toilet to prevent accidents. We strongly suggest you do not go to work when taking this laxative.

Why do I need this preparation?

The preparation cleans your bowel, so the doctor can examine it well. It is very important that you follow these instructions correctly. If bowel not properly prepared, the procedure may not be effective and may need repeating.

What will the preparation do?

The preparation has a laxative effect and will make you empty your bowels. It is important you take all the preparation to ensure the bowel is clean before the examination.

After completing the bowel preparation, it is recommended you keep drinking clear fluids to prevent dehydration. If you feel light-headed, have a glucose drink, e.g. Lucozade / sport energy drinks or lemonade.

You may experience stomach cramps and diarrhoea during the preparation; this is normal. If you experience severe stomach pains or vomiting, take the preparation more slowly until these feelings stop. If the symptoms continue, seek medical advice from your GP or contact the Endoscopy Unit.

Adult alcohol-free and fragrance-free wet wipes or soft toilet tissue may minimise the expected irritation from wiping your bottom. Also, applying petroleum jelly (Vaseline) before and after bowel movements may be helpful.

If you take blood thinning medications, please read the separate advice sheet enclosed and follow those instructions.

Timetable for the preparation:

You need to start preparing **one day before your appointment**.

Please follow the instructions below:

The day before your appointment:

- Have a light lunch at 12 noon, avoiding vegetables, pulses, pulpy fruits, cereals and high fibre, nuts and small seeds such as sesame seeds. (Ideally these should be stopped at least five days before your appointment.)
- **You should stop eating from 1pm, after your lunch, the day before your procedure.**
- **After this you can only have clear fluids.**
- You can make up the Moviprep solution now and refrigerate to make the Moviprep easier to drink (follow the instructions below).

Preparing your Moviprep (after 1pm the day before your colonoscopy)

- Open up one clear bag and remove sachets A and B.
- Add the contents of both sachets (one A and one B) to 1 litre of luke-warm water and stir until all the powder has dissolved.
- Chilling the mixture in a refrigerator may make it taste better. Drinking through a straw may avoid the taste.
- At 6pm start drinking the preparation. Drink a glassful every 15 minutes until it is finished. A drink of water after every glassful may help to get rid of the taste. Drink each portion as quickly as possible, rather than sipping it slowly.

It is important that you DO NOT EAT once you've started taking the Moviprep. However, it is important that YOU KEEP DRINKING CLEAR FLUIDS (UP TO AT LEAST A LITRE) to prevent you becoming dehydrated.

The day of your appointment:

- **At 7am, make up the second litre of Moviprep following the same instructions as before. Again, drink a glassful every 15 minutes until it is completed.**

Clear fluids

Remember, you can keep drinking until two hours before your colonoscopy. Clear fluids are non-cloudy or transparent, you can drink water, herbal tea, black tea or coffee with no milk, clear white soup, diluted cordials (not blackcurrant) and clear fruit juice (without pulp) etc. You can suck clear boiled sweets or mints.

Summary (afternoon appointment)

First litre of Moviprep – day before procedure				Second litre of Moviprep – day of the procedure		
Stop eating	Drink first litre of Moviprep between	Drink a minimum of 2 glasses from the suggested list of clear fluids	Intended bedtime	Drink second litre of Moviprep between	Drink a minimum of 2 glasses from the suggested list of clear fluids	Prep completed by
1pm	6pm-7pm	7pm-8pm	10pm	7am-8am	8am-10am	10am

Please we appreciate your feedback on the care we provided. You can write your feedback on friends and family card provided in the unit.

Contacting us

If you have any questions or would like further advice, please contact Endoscopy Unit on 0118 322 7459.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Indira Bahal-Jalloh, RBFT Endoscopy Unit, June 2022

Next review due: June 2024