

## Taking Moviprep for your colonoscopy – information for patients with a morning appointment

This information 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 any bowel preparation you need to be near a toilet.

We strongly suggest you do not go to work when having the 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 you are not properly prepared then 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 clear your bowels. It is important that you take all the preparation in order to ensure that the bowel is clear prior to the examination. During the period leading up to the colonoscopy, it is recommended that you keep drinking clear fluids to prevent you becoming dehydrated. If you feel light-headed, have a glucose drink, e.g. Lucozade / sports energy drink, 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 (one glass every 30 minutes) until these feelings stop. If they continue seek medical advice from your GP or contact the Endoscopy Unit.

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

### Timetable for preparation

**You need to start taking the preparation one day before your appointment.**

Please follow the timetable as follows:

#### The day before your procedure:

- 7am - have a regular breakfast, avoiding vegetables, pulses, fruits, porridge, and cereals with high fibre, nuts and small seeds such as sesame seeds. ( Ideally these should be stopped at least 5 days before your appointment day)
- **You should stop eating from 8am, after your breakfast, the day before your procedure.** You can make up the moviprep solution now and refrigerate to make the

moviprep easier to drink (follow the instructions below).

- After this you can only have **clear** fluids.

## Clear fluids

These are any liquids that are not cloudy. Examples of clear fluids that are okay to drink are water, black tea or coffee (no milk), fizzy and non fizzy soft drinks, cordials (no juice that is red or purple) and clear soups like chicken, beef or vegetable broth (strained without any bits), gelatine (no red or purple), 100% cranberry juice (even though it is red there is no dye in it).

## How to prepare Moviprep

- 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 help avoid the taste.
- **At 1pm 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.
- **At 6pm, make up the second litre of Moviprep** following the same instructions as before. Again, drink a glassful every 15 minutes until it is completed.

**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** to prevent you becoming dehydrated.**

## Morning appointment

First litre of Moviprep – day before procedure			Rest	Second litre of Moviprep – evening before procedure		
Stop eating	Drink first litre of Moviprep between	Drink 2 glasses from the suggested list of clear fluids		Drink second litre of Moviprep between	Drink 2 glasses from the suggested list of clear fluids	Intended bedtime
8am	1pm-2pm	2pm-5pm	6pm-7pm	7pm-10pm	10pm-11pm	

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