

## Taking Moviprep for your colonoscopy – information for patients with an afternoon 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 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 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.

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 symptoms 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:

- 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 5 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).

## 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 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.**

## On the day of your procedure

- **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.

## 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 2 glasses from the suggested list of clear fluids	Intended bedtime	Drink second litre of Moviprep between	Drink 2 glasses from the suggested list of clear fluids	Prep completed by
1pm	6pm-7pm	7pm-8pm	10pm	7am-8am	8am-10am	10am

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