

*Better
Together*

Patient information

Guidelines for Taking Moviprep Bowel Preparation for Colonoscopy

Gastroenterology Directorate

Please read the instruction for Moviprep bowel preparation as recommended below. This will ensure that your bowel is clean and well prepared for the endoscopist to examine the lining of your bowel with a colonoscope.

**If you have any problems please contact the Gastroenterology Department on Tel: 0151 706 2726.
Text phone number: 18001 0151 706 2726**

Instructions for taking Moviprep bowel preparation

A course of treatment consists of two litres of Moviprep. A litre of Moviprep consists of one 'Sachet A' and one 'Sachet B' dissolved together in one litre of water. This solution should be drunk over a period of one to two hours.

This needs to be repeated with a second litre of Moviprep. In addition, at least one litre of clear fluid must be drunk in the period while taking your bowel preparation.

In order to fully maximise the effect of your bowel preparation and to ensure your bowel will be completely clean, please check your appointment time and start your bowel preparation in accordance with the table and instructions below.

Time of colonoscopy	Times to take Moviprep solution
Morning list	2 pm and 6 pm the day before the test
Afternoon list	6 pm day before test 8 am day of the test
Evening list	7 am day of the test 1 pm day of the test

Dietary advice

- **Two days before the test**

Two days before the test you should only eat low residual food. Foods from the following list are acceptable: boiled or steamed white fish, boiled chicken, potato without skin, egg, cheese, white bread, butter/ margarine, seedless jam, marmite, honey, rich tea biscuits, chocolate, yoghurt, jelly (not red) and ice-cream.

Do not eat red meat, fruit, vegetables, nuts, or pulses

- **One day before the test**

- **Morning Appointment.**

After a light breakfast (cereal and juice) the day before your test you should eat **no more** solid food until after your investigation. If you have Diabetes you should replace each meal with one Ensure drink. (These can be collected from the Gastro Department reception).

Drinking clear fluids is strongly encouraged (as much as possible) and can be taken up to two hours before the test. Clear fluids include fruit juices (without pulp), fizzy drinks or tea and coffee (without milk). Clear soup and sugary drinks such as Lucozade and Jelly are acceptable. **Please avoid red jelly.**

- **Afternoon Appointment**

After a light lunch - soup without bread - the day before your test you should eat **no more** solid food until after the investigation. If you have diabetes you should replace each mealtime with one Ensure drink.

Clear fluids intake is strongly encouraged (as much as possible) and can be taken up to two hours before the test. Clear fluids include fruit juices (without pulp), fizzy drinks or tea and coffee (without milk). Clear soup and sugary drinks such as Lucozade and jelly are acceptable.

Please avoid red jelly.

- **Evening Appointment**

After a light evening meal of soup without bread the day before the test you should eat **no more** solid food until after the investigation. If you have diabetes you should replace each meal with one Ensure drink. (These can be collected from the Gastro Department reception).

Clear fluids intake is strongly encouraged (as much as possible) and can be taken up to two hours before the test. Clear fluids include fruit juices (without pulp), fizzy drinks or tea and coffee (without milk). Clear soup and sugary drinks such as Lucozade and jelly are acceptable.

Please avoid red jelly.

Iron and constipating medicines i.e. Loperamide, Codeine phosphate should be stopped seven days before your test.

Any other regular oral medication should be continued as normal but taken at least one hour before taking the bowel cleansing agents. **This includes any anti-epilepsy drugs.**

On the day of the test if you have diabetes you should omit your diabetic medication.

If you are on the contraceptive pill you are advised to take additional precautions for up to seven days after taking the bowel cleansing agents

If you are taking:

- Warfarin or any blood thinning medication
- Clopidogrel (plavix),
- Prasugrel (effient),
- Ticagrelor (brilinta),
- Dipyridamole (persantin) and Aspirin together.

Or if you suffer from the rare genetic condition of Glucose Six Phosphate Deficiency (G6DP) or Phenylketonuria

**Please contact the Gastroenterology Department on
Tel: 0151 706 2726 before taking the bowel prep
Text phone number: 18001 0151 706 2726**

Further information

If you have any questions or queries, please contact:

The Gastroenterology Unit during the following hours

Monday – Thursday	0800 – 2100 hrs
Friday	0800 – 1700 hrs
Saturday/Sunday/BH	0800 – 1600 hrs

Tel: 0151 706 2819/2726

Text phone number: 18001 0151 706 2720

Clinic appointment enquiries

Tel: 0151 706 5555

Text phone number: 18001 0151 706 5555

The Emergency Department (A&E) is open 24 hours
Telephone number 0151 706 2051/2050.
Text phone number: 18001 0151 706 2051/2050

National Contact details are
Norgine Pharmaceuticals Ltd
Tel: 01895 826606

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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