

Patient information

Moviprep Bowel Preparation for Capsule Endoscopy

Gastroenterology Department

Your clinician has advised you have a Capsule Endoscopy for which you need to take Moviprep bowel preparation.

This leaflet contains information about:

- When you should take the Moviprep bowel preparation.
- How to make up the Moviprep sachets.
- When you can eat and drink.
- What you can eat and drink.
- What food and drink to avoid.
- Instructions on taking your medication.

How should I prepare for my Capsule Endoscopy?

Three days before the test you should only eat low residue food (foods low in fibre). Please see the food you are allowed and the foods you should avoid in the table on the next page.

	Foods Allowed	Foods to Avoid
Starchy Foods	White rice/ cous cous/pastry (white flour)/croissants/white flour.	Wholemeal or granary bread/ /wholemeal flour pasta/brown rice/pearl Barley/quinoa.
Breakfast Cereal	Cornflakes/Rice Krispies/Frosted flakes.	All whole-wheat cereals e.g. Branflakes/Weetabix/Shreddies/etc. Porridge and Muesli/all cereals containing dried fruit/nuts.
Dairy	Milk, yoghurts (smooth), cheese/tofu, butter/ margarine.	Yoghurts or cheeses containing fruit/nut pieces.
Meat, fish and eggs	White meat, fish and poultry, all eggs.	Red meat or meat that is tough or gristly/skin and bones of fish and chicken/pies and egg dishes containing vegetables.
Vegetables	Potatoes without skin, boiled/mashed/chips,crisps.	Vegetables/salad, baked beans, split peas/lentils, peas, sweet corn, celery, all seeds, tough skins, potato skins.
Fruit	None.	Avoid all fruit.
Nuts	None	Avoid all nuts
Desserts and sweets	Sponge cakes without fruit or nuts/custard/ice cream/jelly/rice pudding/semolina/ chocolate without fruit/ nuts /boiled sweets/Rich tea biscuits/smooth yoghurt.	Puddings/cakes/biscuits made with wholemeal flour, dried fruit or nuts. Chocolate or toffee with dried fruit or nuts/ popcorn/marzipan/Digestive biscuits/ marmalade with peel or jam with seeds.
Other	Clear soups, spices, pepper, stock cubes, tea, coffee, squash, mar-mite, honey, shredless/ seedless marmalade or jam.	Lentil/vegetables soups, pickles/chutneys, horse-radish, relish.

Please Read the Following Instructions Carefully

The Day Before Your Capsule Endoscopy	
0700-0800am	Eat breakfast according to the low fibre diet. This will be the last solid meal until after your procedure.
0900am	From this time onwards do not eat any solid food. Your bowel needs to be empty for your procedure. You can drink any of the fluids from this list; water, clear fizzy drinks, Lucozade, clear soup, dilute drinks (squash), tea and coffee without milk.
Lunch	You can have clear soups or jelly (not red or blackcurrant). Remember to drink plenty of clear fluids
2pm	Make your first litre dose of Moviprep and drink over a period of one to two hours. Remember to drink an additional 500mls (One pint) of fluid following this dose.
6pm	Make your second litre dose of Moviprep and drink over a period of one to two hours. Remember to drink an additional 500mls (One pint) of fluid following this dose.
11pm	Once your bowels are empty and you have stopped going to the toilet you can go to bed. This is normally about two hours after you finish the Moviprep. Please remain nil by mouth from this time except for sips of water if required.
The day of your procedure	Do not eat or drink anything. You may have a sip of water at 6am to take essential medication.

Please Note: The day of your procedure

Do not eat or drink anything.

Important: The medication will clear out of the bowel resulting in diarrhoea within approximately one to two hours of the first dose. It is advised that you stay close to a toilet.

What are the benefits of bowel preparation

Bowel preparation will clear your bowel of all waste material. This will allow the endoscopist to view your bowel properly during your procedure

- **Are there any risks/side effects?** The medication will clear out the bowel resulting in diarrhoea within approximately one to two hours of the first dose. It is advised that you stay within easy reach of a toilet once you start to take the medication.
- Some patients experience nausea, vomiting, or abdominal pain. This can be associated with dizziness. If any of these symptoms occur please lie down until they pass.
- You might like to use a barrier cream to prevent a sore bottom. A product such as petroleum jelly (Vaseline) can also be effective.
- Some stomach cramping is normal.
- If you vomit up the bowel preparation, at any time, or have any other concerns regarding side effects please contact us directly – see below for contact details.
- **Female Patients**
If you are taking an oral contraceptive pill, diarrhoea can make it less effective. Continue taking the pill but use other precautions for the rest of that cycle.

What do I do on the day of the Capsule Endoscopy?

Remember you are not allowed to eat anything until after your test.

- You may continue to take all your other usual medications as normal. **Do not take your medication one hour either side of drinking your dose of Movi-Prep.**
- **Do not take tablets for diabetes on the day of your test.**
- If you take **insulin**, please take this as instructed by your diabetes team or family doctor (GP), you may wish to contact them beforehand for advice on what to do with your insulin during the time you are on bowel prep.
- **If you normally monitor your blood glucose levels then please check it every two hours.**
- If you feel dizzy, sweaty or irritable (hypo) test your glucose level and if below 4.0 mmol/l take:
 - Two to three teaspoons of sugar dissolved in water **or six** glucose tablets **or** a 200ml glass of Lucozade.
 - Re-check your glucose level after 10-15 minutes and if the level is still below 4.0 mmol/l
 - Repeat the above treatment.
- **If symptoms persist contact your diabetes team or GP.**

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

You can ask the Lloyds pharmacist for further advice or contact the Gastroenterology Unit. Opening times as shown:

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 2819/2726	

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