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The Royal Liverpool  
and Broadgreen  
University Hospitals  
NHS Trust

## Patient information

# Moviprep Bowel Preparation Morning Appointment

### Digestive Diseases Care Group

Your clinician has advised that you have a colonoscopy with Moviprep bowel preparation. Bowel Preparation (cleansing) is needed to perform an effective procedure. Any stool remaining in the colon can hide lesions and result in the need to repeat the procedure.

#### 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 Colonoscopy?

Two days before the test you should only eat low residue food. Please see the food you are allowed and the foods you should avoid in the table below:

	<b>Foods Allowed</b>	<b>Foods to Avoid</b>
<b>Starchy Foods</b>	White rice/Cous cous/Pastry (white flour)/Croissants/ white flour	Wholemeal or granary bread/ flour/wholemeal pasta/brown rice/pearl Barley/quinoa
<b>Breakfast Cereal</b>	Cornflakes/Rice Krispies/ Frosted flakes	All whole-wheat cereals e.g. Branflakes/Weetabix/ Shreddies/ etc. Porridge and Muesli/all containing dried fruit/nuts
<b>Dairy</b>	Milk, yoghurts (smooth), Cheese/tofu, butter/ margarine	Yoghurts or cheeses containing fruit/nut pieces
<b>Meat, fish and eggs</b>	White meat, fish and poultry, all eggs	Red meat or meat that is tough or gristly/skin and bones of fish and chicken/pies/egg dishes containing vegetables

Cont'd	Foods Allowed	Foods to Avoid
<b>Vegetables</b>	Potatoes without skin, boiled/mashed/chips, Crisps	Vegetables/salad, baked beans, split peas/lentils, peas, sweet corn, celery, all seeds, tough skins, potato skins
<b>Fruit</b>	None	Avoid all fruit
	Foods Allowed	Foods to Avoid
<b>Nuts</b>	None	Avoid all nuts
<b>Desserts and sweets</b>	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
<b>Other</b>	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

## Read The Following Instructions Carefully

Morning Appointment	
The day before your procedure	
<b>0700-0800am</b>	Eat breakfast according to the low fibre diet. This will be the last solid meal until after your procedure.
<b>0900am</b>	From this time onwards <b>Do Not Eat Any Solid Food</b> . Your bowel needs to be empty for your procedure.  <b>You can drink any of the fluids from this list; water, clear fizzy drinks, Lucozade, clear soup, dilute drinks, tea and coffee without milk.</b>
<b>Lunch</b>	You can have clear soups or jelly ( <b>not red or blackcurrant</b> ). Remember to drink plenty of clear
<b>2pm</b>	Make your first litre dose of Moviprep and drink over a period of one to two hours.  <b>Remember to drink an additional 500mls (one pint) of fluid following this dose.</b>

<b>6pm</b>	Make your second litre dose of Moviprep and drink over a period of one to two hours.  <b>Remember to drink an additional 500mls (one pint) of fluid following this dose.</b>
<b>11pm</b>	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.
<b>The day of your procedure</b>	<b>Do Not Eat Anything.</b> Drink plenty of clear fluids until two hours before the appointment time.

### 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 of 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 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.

### Are there any alternatives to this procedure?

This procedure has been considered the best test to investigate your symptoms. If you are unsure about having this procedure please discuss alternative tests with clinician who referred you.

### What do I do on the day of the Colonoscopy?

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 Moviprep.**
- Do not take tablets for diabetes on the day of your colonoscopy but **bring your medication with you.**

- If you take **insulin**, please take this as instructed by your diabetes nurse.
- **If you normally monitor your blood sugar then please check it every two hours.**

**If you feel dizzy, sweaty or irritable (hypo) take;**

Two to three teaspoons of sugar **or six** glucose tablets **or one** glass of Lucozade.

**You should feel better almost immediately, if not repeat the above treatment. If symptoms persist contact your doctor.**

- If you take **blood thinning tablets** please take these as advised by the anticoagulation team who will contact you before your procedure.
- If you take antiplatelet therapy e.g. Clopidogrel, Prasugrel, etc. you will be advised if/ when to stop this by the gastroenterology staff.

**You should continue to drink clear fluids up until two hours before your appointment time**

Attend the Gastroenterology department at your appointment time.

### **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**

**Contact the Gastroenterology Unit. Opening times as shown:**

<b>Monday – Thursday</b>	<b>0800 – 2100 hrs</b>
<b>Friday</b>	<b>0800 – 1700 hrs</b>
<b>Saturday/Sunday/BH</b>	<b>0800 – 1600 hrs</b>
<b>Telephone</b>	<b>0151 706 2819 /2726 /2656</b>
<b>Text phone number</b>	<b>18001 0151 706 2819 / 2726 /2656</b>

**Author: Digestive Diseases Care Group**

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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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