

# Bowel preparation

Endoscopy Unit



To prepare for your procedure you need to take Moviprep to empty, or clean your bowel (also called the large intestine or colon). It is important that your bowel is totally empty so that we can get clear views of the lining of your bowel.

**Please read this leaflet carefully and follow the instructions that apply to the timing of your hospital appointment.**

### **Can I still take my usual medication?**

- **Blood thinning medication** – if you are taking medication to thin your blood such as Warfarin, Clopidogrel, Apixaban or Rivaroxaban, your specialist should have discussed this with you and given you clear instructions. If you have not been advised please contact the department using the phone number on your appointment letter.

If you take Warfarin please make an appointment at your GP surgery to have an INR test as close as possible to your procedure (maximum 3 days before). **Please note you procedure may have to be cancelled if we do not have an up to date INR.**

- **Iron tablets** – please stop taking 7 days prior to procedure date.
- **Antidiarrhoeal medication** (eg Immodium, Codeine) – stop taking 3 days prior to procedure date.
- **Diabetic patients** – if you are diabetic please contact your GP surgery's Diabetic Liaison Nurse or the Diabetic Centre at Treliske on 01872 254560 (between 9am – 10am on weekdays) for advice and guidance.
- **Taking other medication** – continue to take your normal medication but make sure it is taken at least one hour before you start taking Moviprep.

Please be aware that Moviprep can disrupt the absorption of some medication.

### **What can I expect?**

Moviprep normally starts to work within half an hour and may continue for up to 6 hours after the first dose and 3 hours after the second dose, so it is a good idea to have easy access to a toilet during this time.

**Please note – if you have an illness that might mean you are dehydrated (diarrhoea and vomiting or flu) when it is time to take your bowel preparation medication please contact us to ensure that it is still safe to take.**

Continue to eat but avoid high fibre foods for 3 days before your procedure.

<b>High fibre food guide</b>	
<b>Choose</b>	<b>Avoid (high fibre food)</b>
<p><b>Cereals:</b> Cornflakes, rice crispies, ricicles, sugar puffs, coco pops.</p> <p>White bread</p> <p>White pasta, white rice</p> <p>White flour</p> <p>Potatoes (no skins)</p> <p><b>Savouries:</b> Chicken, turkey, fish, cheese and eggs</p> <p><b>Puddings, pastries and cakes:</b> Milk puddings, mousse, clear jelly (not red or with bits in), sponge cakes, Madeira cake, rich tea, Marie or wafer biscuits.</p> <p><b>Preserve and sweets:</b> Sugar, jelly jam (not red), jelly marmalade, honey, syrup, lemon curd.</p>	<p>Wheat bran, All Bran, Weetabix, Shredded Wheat, oat bran, bran flakes, wheatflakes, muesli, Ready Brek, porridge.</p> <p>Wholewheat, high fibre white, soft grain or granary bread, oat bread.</p> <p>Wholemeal pasta, brown rice.</p> <p>Wholemeal or granary flour, wheatgerm.</p> <p>Fruit and vegetables.</p> <p>All red meats.</p> <p>Those containing wholemeal flour, oatmeal, nuts, dried fruit etc, fruit cake, Ryvita, digestive or hobnob biscuits.</p> <p>Jam or marmalade with pips, seeds and skins, sweets and chocolates containing nuts and fruit, muesli bars.</p>

Choose	Avoid (high fibre food)
<p><b>Soups:</b> Clear or sieved soups</p> <p><b>Miscellaneous:</b> Salt, pepper, vinegar, mustard, gelatine, salad cream, mayonnaise.</p>	<p>Chunky vegetable, lentil or bean soups.</p> <p>Nuts, Quorn, fresh ground pepper-corns, houmous.</p>

## How do I prepare Moviprep?

Dissolve one sachet of A and B with one litre of cold water and drink over the next 1-2 hours.

**It is strongly recommended that you drink at least 500mls of clear fluids with each litre of Moviprep.**

If your appointment is **in the morning** (AM means before 12pm) please follow the instructions below.

### The day before your procedure:

- Stop all solid food from 6am.
- Start taking the first litre of Moviprep at 8am over 2 hours.
- Start taking the second litre of Moviprep at 4pm over 2 hours.

If your appointment is **in the afternoon** (PM means after 12pm) please follow these instructions.

### The day before your procedure:

- Stop all solid food from 2pm.
- Start taking the first litre of Moviprep at 4pm over 2 hours.

### The morning of your procedure:

- Start taking the second litre of Moviprep at 8am over 2 hours.

## Can I drink any fluids?

You can drink as much clear still fluid as you like until **2 hours** before your procedure:

### Examples of clear fluids:

Water

Squash

Clear soup

Oxo

Apple juice

Tea and coffee with **no milk**

Bovril

Fruit teas (avoid red fruit tea).

**Please do not drink alcohol whilst taking Moviprep.**

### When do I need to stop eating?

- Morning appointment – please stop eating at 6am the day before your procedure.
- Afternoon appointment – please stop eating from 2pm from the day before.

### When do I need to stop drinking clear fluids?

2 hours before your procedure time.

### How can I make the Moviprep more palatable?

- You can drink through a straw.
- It can be chilled once it has been made up.
- You can add a cordial to alter the flavour (not red/purple).

### What should I bring with me?

On the day of your procedure, please bring with you a dressing gown, slippers and any tablets or medication you are currently taking.

### Any questions?

If you have further queries you can call the Endoscopy Booking Team:

01872 25 2399

01872 25 2616

01872 25 2923

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690

