

Endoscopy Unit

# MOVIPREP®

Morning Appointment -  
GASTROSCOPY AND  
COLONOSCOPY

Information for  
patients

Please follow these instructions and NOT  
the instructions in the box of bowel prep  
medication that you have been sent



This leaflet contains important information about MOVIPREP®. You have been given MOVIPREP® to cleanse your bowel before you have your colonoscopy. We will need you to fast for your gastroscopy, this information will tell you the time to start fasting.

Please also read any information provided by the manufacturer in the medicine leaflet package but follow these instructions for taking your bowel preparation.

### **What is MOVIPREP® and how does it work?**

MOVIPREP® is a lemon or orange flavoured powder that makes a solution when mixed with water to cleanse your colon. It has a laxative action clearing the bowel so that it is clean and empty. It is very important that you have a cleansed bowel for your colonoscopy so that any abnormalities in your bowel can be seen by the nurse or doctor performing the procedure.

### **When should MOVIPREP® not be used?**

Do not take or use this medicine if you:

- are allergic to any of the ingredients;
- have been diagnosed by your doctor with a blockage of the bowel (this does not include constipation) or perforation (hole) in the bowel;

- have a stomach emptying disorder;
- have toxic mega-colon (a severe complication of colitis);
- have paralysis of the gut called ileus;
- have been told you suffer from Phenylketonuria; and
- have a Glucose-6-phosphate dehydrogenase deficiency.

If you are not sure if you have any of the above conditions, please contact the Endoscopy pre-assessment nurses on the number below for advice.

Please ask your doctor or pre-assessment nurse on **0113 3922585** for advice if you have any of the conditions below, or in the manufacturer's leaflet **before** you start to take MOVIPREP®.

- You need to thicken fluids in order to swallow them safely.
- A tendency to regurgitate swallowed drink, food or acid from the stomach.
- Kidney disease.
- Heart failure.
- Dehydration.
- Acute flare of inflammatory bowel disease (Crohn's disease or ulcerative colitis).

## How should I take MOVIPREP®?

### 2 days before your procedure

Please avoid bread and biscuit products that contain seeds before you start to take your bowel preparation. Start having smaller, low-fibre meals (please refer to low fibre food table below).

#### Low fibre foods



White meat, skinless chicken, grilled or poached fish.



Clear soups, tea, coffee.



Shredless marmalade or jam.



White bread, white rice, pasta, boiled or mashed potatoes.



Butter / margarine.



Natural plain yoghurt.



Cheese, eggs, tofu.



Ice Cream, custard.

Unless your doctor or nurse tells you differently, start taking MOVIPREP® on the day before your examination.

## The day before your examination

From breakfast, you will begin the preparation for your test. Please follow the instructions on what you can eat and drink carefully. After breakfast, you will no longer be able to eat any solid food, milk or other dairy products.

### Breakfast - 9 am

Choose one of the following (list of options below):



Tea or coffee (with milk and sweetener if required).

**Choose one of the following:**



30 g crisped rice cereal or cornflakes with 100 mls milk.



2 slices of white bread / toast with a thin spread of butter / margarine and honey (if desired).



1 boiled / poached egg and 1 slice of unseeded white bread / toast with a thin spread of butter / margarine.



50 g cottage or cream cheese and 1 slice of unseeded white bread / toast with a thin spread of butter / margarine.

## No solid food should be eaten after breakfast.

Below is a list of things that you can have in unlimited quantities until 4 hours before your procedure:



Water.



Tea / coffee WITHOUT milk.



Energy or fizzy drinks.



Oxo / Bovril.



Clear soup (make sure you sieve out any vegetables).



Clear jelly (not red or blackcurrant as this can reduce view of the bowel).

### Dose One 5 pm

1. Each box of MOVIPREP® contains two sealed plastic bags. Each bag contains two sachets (A and B).



2. Open one bag and remove sachet A and sachet B.



3. Empty the contents of A and B into a jug and stir in 1 litre of water (not chilled) until the powder is completely dissolved and the solution is clear or hazy. You can add cordial to taste (not blackcurrant).



## Continuation of Dose One

4. Drink one glassful (250 ml) of the MOVIPREP® drink every 15 - 30 minutes until you have drunk it all; over the next 1 - 2 hours. Then drink an additional 500 mls of clear fluids to aid the bowel cleansing and to prevent dehydration.



Some patients find it easier to drink if the mixture is chilled or using a straw.

After you drink MOVIPREP®, you will have lots of watery bowel movements so it is advisable to stay near a toilet because you may need to use it urgently.

Response to MOVIPREP® varies considerably with each person. Some people will start to open their bowels within an hour, for others, it may take hours to work. If after taking MOVIPREP® you do not have a bowel motion within 6 hours, please seek medical advice from the Endoscopy pre-assessment nurses. If this is out of normal office hours, please seek advice from your GP or ring NHS helpline on 111.

Bowel movements usually stop soon after you have finished taking the MOVIPREP®.

## Dose Two 6 pm

1. Open the 2nd bag and remove sachet A and B.



2. Empty the contents of A and B into a jug and make up your 2nd jug of MOVIPREP®. Drink it over the next 1 - 2 hours, followed by 500 mls of clear fluids to aid the bowel cleansing and to prevent dehydration.



**REMEMBER - you can continue to drink fluids from the list given on page 7, until 4 hours before your procedure. After this time, you need to fast for your procedure.**

## Are there any side-effects?

Most medicines can cause side-effects. The manufacturers leaflet contains a list of the known side-effects. Everyone reacts differently to medicines. You may have some side-effects or none at all. If you suffer from any of the following:

- difficulty breathing;
- swelling of your face, lips, tongue or throat; and
- hives (a raised itchy rash).

**Stop taking MOVIPREP® and get emergency medical help by calling 999.**

## Will MOVIPREP® affect any of my other medicines?

If you take any medicines, take them at least 1 hour before taking MOVIPREP® or at least 1 hour afterwards. If you have any questions about medicines, please contact the pre-assessment nurses on **0113 3922585**.

Oral medications may not be absorbed when taking MOVIPREP®. If you take any other medicines regularly and you have any questions, talk to your doctor, pre-assessment nurse or pharmacist before you take MOVIPREP®.

## Can I drink alcohol while I am taking MOVIPREP®?

You should not drink alcohol whilst taking MOVIPREP®.

**\* If you are a diabetic, a separate instruction leaflet will be sent to you. This will help you understand how to take your diabetic medications during your bowel preparation.**

Please contact the Endoscopy pre-assessment team if you have any questions about taking your bowel preparation on **0113 3922585**.





## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

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