



Patient Instructions for Full Bowel Preparation Prior to Bowel Surgery

Introduction

This leaflet gives you instructions on bowel preparation which may be required to completely clear your bowel of waste material before your surgery.

We understand that taking any kind of bowel preparation can be uncomfortable, inconvenient and tiring. We want to ensure however that your operation goes well and urge you to follow these bowel instructions closely.

If you are a Cardiac, Renal or Diabetic patient on medications or insulin please check with your Pre-op Nurse before starting your bowel preparation.

What bowel preparation do I need before the operation?

Your Surgeon has determined that you need to have **full bowel preparation** before your operation. This is called **Moviprep** and it will make your bowels very loose and frequent so you should stay near to a toilet. Do not plan to do anything during this time.

Drink plenty of fluids to replace the fluid lost from the body. Try to drink at least a glass of water or squash every hour during the treatment until midnight before your operation. Using a straw may help.

You may be required to have an oral antibiotic together with your bowel preparation. This has been shown to reduce the incidence of both superficial and deep infections of the abdomen when given with your bowel preparation. Please follow the instructions you are given regarding this and do let us know if you think you may be allergic to any antibiotic prescribed.

Are there any side effects?

You may experience headaches, nausea and sometimes vomiting. These effects pass off quickly. Abdominal bloating can occur and, less frequently, abdominal cramps. The area around your bottom can become sore due to frequent bowel motions. A barrier cream such as Vaseline or nappy rash preparations can protect the skin. Rarely people are allergic to Moviprep and get an itchy skin (nettle rash or hives)

If you have abdominal pain or your stomach swells up Moviprep should be slowed or temporarily stopped. If you have severe vomiting or abdominal pain and distension you must contact us on one of the telephone numbers below or contact your GP for advice.

Information for Patients

Can I take my usual medication?

Try to take your usual medication at least one hour before you start taking Moviprep so it is not flushed from your system.

If you are taking iron tablets these must be stopped **four days before your admission** but you should continue with all other medication unless advised by the Pre-op team or your consultant. We will also advise if you usually take tablets to thin the blood.

What food and fluids can I have?

Two days before your operation onstart eating a low residue diet (avoiding fibre) and continue this even whilst taking bowel preparation to maintain good nutrition.

Low residue diet – foods allowed:

Meats: light meals of white fish or chicken (steamed, poached or grilled)

Dairy products: milk and milk drinks, butter and margarine, eggs and cheese, plain/flavoured yoghurt (with NO added fruit or nuts), ice cream.

Carbohydrates/starchy foods: Plain pasta (not wholemeal) white rice, white bread, cream crackers, potatoes (without skins) e.g. mashed or chips

Breakfast cereals: Cornflakes, Rice Krispies, Frosties, Special K

Puddings, cakes and sweets: Rice, tapioca, semolina, cornflour, custard, jelly, plain biscuits, plain cakes. You may have boiled sweets, mints or chewing gum **until the day before your surgery**

Drinks: Any type of drink is suitable that does not contain fibre bits (ie. If drinking fruit juices, strain first)

Foods to avoid:

- FRUIT including dried fruit and fruit smoothies, fruit peel/rind and pips in jam, marmalade or cakes
- VEGETABLES AND SALAD. Strain soups containing vegetables
- BREAD. Wholemeal, whole-wheat, granary, brown or high fibre white or rye bread
- Coarse cereals e.g. All Bran, Weetabix (avoid bran)
- Nuts, seeds, pips
- High fibre biscuits. Digestive biscuits and those containing oats, bran, dried fruit etc
- High fibre crispbreads and whole-wheat crackers
- Pickles, tough meat, sausages, herrings and any fish with fine bones

What to do if...?

- If you take more Moviprep than you should, drink lots of liquids especially fruit juices
- If you forget to take Moviprep, take the next dose as soon as you remember
- Do not take a double dose to make up for a forgotten dose

Information for Patients

How do I take Moviprep?

The day before the operation

Date:.....

At 8 am Open one clear bag and remove the sachets A and B. Pour the contents of both sachets into a jug that holds 1 litre or 1 $\frac{3}{4}$ pint). Add water into the jug up to the 1 litre mark and stir until all the powder has dissolved and the Moviprep solution is clear or slightly hazy; this can take up to 5 minutes. Drink the 1 litre over the next hour, approx one glass (250ml or $\frac{1}{2}$ pint) every 15 minutes.

At 2 pm take the 2nd sachet of Moviprep as before.

Note! When you start drinking the Moviprep solution, it is important that you stay close to a toilet. At some point, you will start to experience watery bowel movements. This is quite normal and indicates that the Moviprep is working. The bowel movements will stop soon after you have finished drinking. If you have slept the night and still not had a bowel movement contact the hospital you are attending. The telephone numbers are listed at the end of this information.

Continue to drink plenty of clear fluids only, such as water, squash, black tea or coffee.

Note!

PATIENTS WHO HAVE PREVIOUSLY HAD A COLONOSCOPY WILL HAVE BEEN ADVISED NOT TO EAT WHILST TAKING THE BOWEL PREPARATION FOR THAT PROCEDURE.

PLEASE CONTINUE TO EAT WHILST HAVING THE BOWEL PREPARATION PRIOR TO SURGERY.

At 10 pm Drink 2 cartons of Pre-Op

What happens on the operation day?

No solid food to be consumed for 6 hours before surgery. This will generally be 12 midnight.

You may have clear fluids (water, squash, black tea or coffee) to drink up until 6:30 am

6:30 am Drink 1 carton of Pre-Op

DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER THIS TIME.

Note! Patients with insulin treated diabetes will not be given the pre-operative high carbohydrate drinks.

Who can I contact for advice?

If any of the side effects mentioned become serious, you notice side effects not listed in this leaflet or you have any queries about your bowel preparation, please contact us on one of the telephone numbers below or contact your GP/Pharmacist for advice.

Information for Patients

Colorectal wards

Evenings 4pm to 8am and all weekends/Bank Holidays

Heartlands/Solihull 0121 424 2212 Ward 12

Or Pre Assess Nurse

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email patientexperience@uhb.nhs.uk.