



Preparing your bowel for colonoscopy

You have an appointment for a colonoscopy examination of your bowel. To enable the endoscopist to examine your bowel thoroughly, your bowel must be completely free of waste material.

To prepare your bowel, this leaflet gives you instructions about a special diet you are requested to follow before the colonoscopy and also how to take the laxative and Moviprep, which you have been prescribed.

About Moviprep

Moviprep is a special powder and when dissolved in water, it is a bowel cleansing agent. This means it flushes everything out of your bowel through a laxative action, so that it is completely empty and clean, ready for examination. Moviprep comes in a box containing two clear packets, each with two sachets, (A and B). Information about Moviprep is contained within the packaging. You should read this information before taking the product.

Your current medication

For medication advice, please read the accompanying leaflet 'Having a Colonoscopy'. If you are a renal or diabetic patient on medications or insulin, please check with your pre-assessment nurse or the Endoscopy Unit you are attending, before taking the Moviprep.

All iron tablets should be stopped for seven days before the procedure.

Preparing your bowel

It is important that you follow these instructions closely, as the success of your examination depends on your bowel being as clear as possible.

Three days before the colonoscopy appointment – start eating a Low Residue Diet (avoiding fibre). See table below for when you should start this diet and take the Moviprep:

Day of appointment	The day to start eating a Low Residue Diet	The day to start taking Moviprep
Monday	Friday before	Sunday before
Tuesday	Saturday before	Monday before
Wednesday	Sunday before	Tuesday before
Thursday	Monday before	Wednesday before
Friday	Tuesday before	Thursday before
Saturday	Wednesday before	Friday before
Sunday	Thursday before	Saturday before

Information for Patients

Low residue diet – foods allowed:

Dairy products: Milk and milk drinks, butter and margarine, eggs and cheese.

Meat products: Tender beef, lamb, veal, pork and chicken, crispy grilled bacon.

Fish products: Boneless fish or battered/breadcrumb coated fish such as fish fingers etc.

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

Breakfast cereals: Cornflakes, Rice Krispies, Frosties, Sugar Puffs, Special K.

Puddings, cakes and sweets: Rice, tapioca, semolina, cornflour, custard, milk, jelly, ice-cream, steamed puddings, plain biscuits, plain cakes, plain/flavoured yoghurt (with no added fruit or nuts).

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

Foods to avoid:

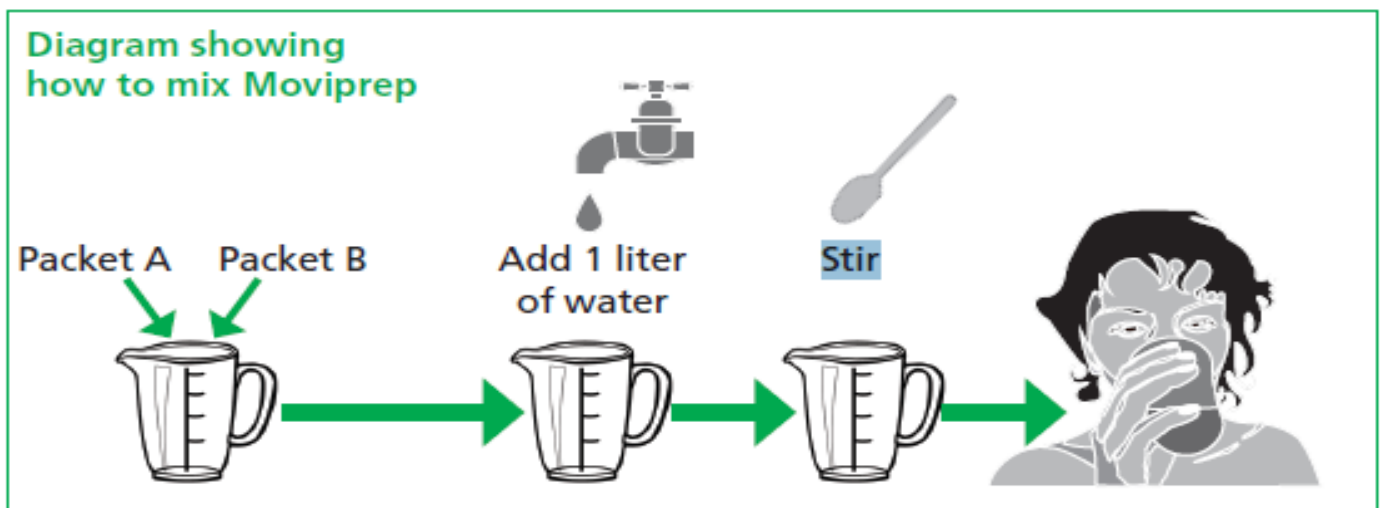
- **Fruit:** Including dried fruit. Avoid fruit peel/rind & pips in jam, marmalade, cakes
- **Vegetable and salad:** Strain soups containing vegetables
- **Bread:** Wholemeal, wholewheat, granary, brown or high fibre white or rye bread
- Coarse cereals e.g. All Bran, Weetabix (avoid bran)
- Nuts, pips, seeds
- High fibre biscuits. Digestive & those containing oats, bran, dried fruit etc
- High fibre crispbreads & wholewheat crackers
- Pickles, tough meat, sausages, herrings and any fish with fine bones

The day before your colonoscopy

9am – Stop eating solid food. Do not eat anything solid now until after your colonoscopy. You are allowed to continue to drink clear fluids whilst taking the Moviprep and up until two hours before your appointment, but these drinks must not have any milk or fruit or fibre bits in them. Sugar may be added to sweeten them.

Fluids allowed

- Water
- Black tea/coffee (lemon allowed), herbal tea
- Oxo, Bovril, Marmite or stock cubes dissolved in hot water
- Squash



Information for Patients

4pm – Start taking the Moviprep.

Open one clear bag and remove the sachets A and B. Pour the contents of both sachets into a jug that holds 1 litre. 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 every 15 minutes.

5pm – Drink about 1 litre of fluid over the next hour, from the 'Fluids Allowed' list above.

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.

7pm – Take the second sachet of Moviprep, as before.

8pm - Drink about 1 litre of fluid over the next hour, from the 'Fluids Allowed' list above.

You can continue to drink clear fluids up until 2 hours before your colonoscopy appointment.

Side effects

You may experience headaches, nausea and sometimes vomiting. These side effects pass off quickly. Abdominal bloating can occur and, less frequently, abdominal cramps. Should the feeling of swelling of your stomach or pain arise, Moviprep should be slowed or temporarily stopped.

The skin around your bottom can become red and sore due to frequent bowel motions. A barrier cream such as Vaseline or nappy rash preparations can protect the skin. The soreness is temporary and will disappear in a few days.

Rarely some people are allergic to Moviprep, and may get an itchy skin rash (nettle rash or hives), swelling of the face, ankles or other part of the body, extreme fatigue, or shortness of breath.

If any of the side effects mentioned become serious or you notice side effects not listed in this leaflet, please either contact the Endoscopy Unit you are attending or contact your GP/Pharmacist.

What to do if

If you take more Moviprep than you should, drink lots of liquids.

If you forget to take Moviprep, take the next dose as soon as you remember. If it is several hours after the time when you should have taken it, contact either the endoscopy unit where you are having your procedure, or your doctor, nurse or pharmacist for advice. It is important that you complete your preparation at least an hour before your procedure.

Do not take a double dose to make up for a forgotten dose.

Day of colonoscopy appointment

You can continue to drink clear fluids up until 2 hours before your colonoscopy appointment.

Finally we understand that taking any type of bowel preparation can be uncomfortable, inconvenient and tiring. We want to ensure however that your test is successful and of good quality and therefore urge you to follow these bowel instructions as closely as you can.

Information for Patients

If you have any queries or concerns about this information OR need advice, please contact either the Endoscopy Unit you are attending, the Pre-assessment nurse, or if you are a Bowel Cancer screening patient, the screening helpline.

To contact us by telephone:

If you have any problems or questions, please use the numbers below to contact us:

Solihull Endoscopy Unit: Monday to Friday, 08:30 to 17:30 (excluding bank holidays), **0121 424 5394**. An answer phone is available for you to leave your name, telephone number and message. We will return your call.

Good Hope Hospital – Scoping Suite Treatment Centre: Monday to Friday, 08:30 to 17:30 (excluding bank holidays), **0121 424 9506**. An answer phone is available for you to leave your name, telephone number and message. We will return your call.

Heartlands Endoscopy Unit: Monday to Friday, 08:30 to 17:30 (excluding bank holidays), **0121 424 0438**.

Queen Elizabeth Hospital Endoscopy Unit: Monday to Friday, 08:30 to 17:30 (excluding bank holidays), **0121 371 3833**.

Bowel Cancer Screening Patients: Monday to Friday, 08:00 to 17:30, **0121 424 9174** or contact your screening nurse directly.

If your call is out of these hours and you require urgent medical advice, you can contact one of the following:

- Speak to an Endoscopy Nurse directly – phone **0121 424 2000** for Good Hope, Solihull and Heartlands Hospital or **0121 371 2000** for QEHB and ask to be put through to the Endoscopy Nurse on call
- Your own GP
- NHS 111

Endoscopy

University Hospitals Birmingham NHS Foundation Trust

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 interpreting.service@uhb.nhs.uk