



The Leeds  
Teaching Hospitals  
NHS Trust

Endoscopy Unit

# MOVIPREP®

Morning Appointment

Information for  
patients

This leaflet contains important information about MOVIPREP®. You have been given MOVIPREP® to cleanse your bowel before you have your Colonoscopy.

Please also read any information provided by the manufacturer in the medicine leaflet package.

### **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 a blockage of the bowel or perforation of the bowel have 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
- Have a Glucose-6-phosphate dehydrogenase deficiency

Please ask your doctor or pre-assessment nurse on **(0113) 392 285** 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®?

### 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.

#### 9.00 am - Breakfast

- 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 white bread / toast with a thin spread of butter / margarine and honey (if desired)
- 1 boiled / poached egg and 1 slice of white bread / toast with a thin spread of butter / margarine
- 50 g cottage or cream cheese and 1 slice 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 2 hours before your procedure:**

- Water
- Tea or Coffee without milk
- Energy or fizzy drinks
- Oxo / Bovril
- Clear Soup (make sure you sieve out any vegetables)
- Clear Jelly (not red)

## 5.00 pm

### Step 1

Each box of MOVIPREP® contains two sealed plastic bags containing two sachets (A+B).



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



## Step 2

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. 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.

## 8.00 - 9.00 pm

Repeat Steps 1 and 2. Make up your 2nd jug of MOVIPREP® and drink it over the next 1 - 2 hours. Drink an additional 500 mls of clear fluids to aid the bowel cleansing and to prevent dehydration.

## Are there any side-effects?

Most medicines 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 stop taking MOVIPREP® and **get emergency medical help:**

- Difficulty breathing
- Swelling of your face, lips, tongue or throat
- Hives

## **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 preassessment nurses on **(0113) 392 2585**.

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®.

Please contact the Endoscopy pre-assessment team if you have any questions about taking your bowel preparation on **(0113) 392 2585**.

Patient Helpline: **(0113) 206 4376**



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