

Endoscopy Unit

MOVIPREP®

Afternoon Appointment -
GASTROSCOPY AND
COLONOSCOPY

Information for
patients

A large, stylized white wave graphic that starts from the left side of the teal background and curves upwards and to the right, ending in a circular shape.

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.

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 bowel. 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 gastric 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®?

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

Breakfast: as usual

Lunch: low residue meal - choose from the options below:

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

Choose one of the following:

- 75 g meat or fish
- 2 boiled / poached eggs
- 100 g cheese

And one of the following:

- 2 slices white bread / toast with a thin spread of butter / margarine
- 2 egg sized potatoes without skin with a small amount of butter / margarine
- 2 tablespoons plain white pasta / rice

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

No solid food should be eaten after lunch.

Below is a list of things that you can have in unlimited quantities until 4 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.

The day of your examination

7.00 am

REMEMBER, do not eat anything until after your procedure.

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. You can continue to drink up until 4 hours before your procedure.

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 pre-assessment 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®.

If you are diabetic, a separate instruction leaflet will help you understand how to take the bowel preparations that we have sent you.

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**