Please note the information in this leaflet is provided as additional information for you. It is important that you also read the information sheet that is provided with your medication.

Information about taking Moviprep

Moviprep is given prior to colonoscopy and flexible sigmoidoscopy to ensure the bowel is empty and allow a complete investigation. Please follow these instructions carefully. When taking Moviprep some intestinal cramping is normal.

- If you feel clammy, faint or vomit, please stop taking Moviprep and contact the Endoscopy Unit on 01392 404200. The opening hours are Monday to Saturday 8am to 5pm.
- If you have an urgent query outside of these hours please contact your GP for advice.
- If you have a query about your appointment time, please ring the Endoscopy Booking Office on 01392 402485. The opening hours are Monday to Friday 8am to 5pm.

Preparation to ensure an empty bowel

Five days before your colonoscopy:

Day/date

If you take iron tablets or medication to control diarrhoea please stop taking them until after your colonoscopy. You should continue to take any other medication, including laxatives.

Please avoid eating nuts and seeds.

Three days before your colonoscopy:

Day/date

You may eat your normal meals for the day but avoid high fibre foods such as fruit, vegetables (including potatoes), red meats, wholemeal bread and whole grain products (please see food list opposite). Please avoid eating nuts and seeds.
Dietary advice

<table>
<thead>
<tr>
<th>Food</th>
<th>✔  CHOOSE</th>
<th>✘  AVOID</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cereals</strong></td>
<td>Cornflakes, Rice Krispies, Ricicles, Frosties, Sugar Puffs, Coco Pops</td>
<td>Wheat Bran, All Bran, Weetabix, Shredded Wheat, Oat Bran, bran flakes, wheat flakes, Muesli, Ready Brek, porridge</td>
</tr>
<tr>
<td><strong>Bread</strong></td>
<td>White</td>
<td>Wholemeal, high fibre white, soft grain or granary bread, oat bread</td>
</tr>
<tr>
<td><strong>Pasta</strong></td>
<td>White pasta, white rice</td>
<td>Wholemeal pastas, brown rice</td>
</tr>
<tr>
<td><strong>Flour</strong></td>
<td>White</td>
<td>Wholemeal or granary four, wheatgerm</td>
</tr>
<tr>
<td><strong>Dairy</strong></td>
<td>Milk, plain yoghurt, custard, vanilla ice cream, butter, margarine.</td>
<td>Fruit and vegetables: Yogurt containing fruit or nuts</td>
</tr>
<tr>
<td><strong>Savouries</strong></td>
<td>chicken, turkey, fish, cheese and eggs</td>
<td>All red meats</td>
</tr>
<tr>
<td><strong>Puddings</strong></td>
<td>Milk pudding, mousse, sponge cakes, Madeira cake, Rich Tea biscuits or wafer biscuits, vanilla ice cream, custard</td>
<td>Those containing wholemeal flour, oatmeal, nuts, dried fruit e.g. fruit cake, Ryvita, digestive or Hobnob biscuits etc.</td>
</tr>
<tr>
<td><strong>Preserve and Sweets</strong></td>
<td>Sugar, Jam or marmalade (no bits), honey, golden syrup, lemon curd</td>
<td>Jam or marmalade with pips, skin and seeds, sweets and chocolates containing nuts and/or fruit, muesli bars</td>
</tr>
<tr>
<td><strong>Soups</strong></td>
<td>Clear soup e.g. Consommé</td>
<td>Vegetable, lentil or bean soups</td>
</tr>
<tr>
<td><strong>Miscellaneous</strong></td>
<td>salt, pepper, vinegar, mustard, salad cream, mayonnaise, boiled sweets, glucose tablets, mints</td>
<td>Nuts, seeds, Quorn, fresh ground peppercorns, hummus</td>
</tr>
</tbody>
</table>

Clear fluids

Below is a list of fluids that can still be taken after you have stopped eating solid food. They can be taken right up until 2 hours before your appointment time.

<table>
<thead>
<tr>
<th>Drinks</th>
<th>✔  CHOOSE</th>
<th>✘  AVOID</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>All types of water</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Black tea and coffee (this includes fruit &amp; herbal teas)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lucozade and all other types of ‘sport drinks’</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fizzy drinks e.g. coke, ginger beer, tonic water</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Clear fruit juice such as apple, cranberry, pomegranate, white grape juice</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fruit squash or cordial</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hot honey and lemon</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Oxo, Marmite, Bovril</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Consommé (clear soup)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Any sugar based sweets e.g. Foxes Glacier Fruits and Mints, Polos, fruit pastilles, jelly babies.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dextrose tablets may also be taken.</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Reference Number: MD 16 016 002 (Version date: October 2017)
Instructions for taking Moviprep

Please also refer to the MOVIPREP® leaflet.
Dissolve the contents of sachet A and sachet B into 1 litre of water (1¾ pints). If you do not like the taste you can add fruit squash but not blackcurrant as this will stain the bowel or drink a carbonated drink such as bitter lemon alongside. Moviprep may be easier to take when drunk through a straw and when chilled.

Remember to drink additional clear fluid throughout as the bowel preparation is not hydrating.

You should experience frequent (12-15) liquid bowel actions within an hour of drinking Moviprep.

You may find that applying a barrier cream such as Vaseline® / Sudocrem® to your bottom will reduce any soreness the diarrhoea may cause.

When taking Moviprep some intestinal cramping is normal. If you feel clammy, faint or vomit, please stop taking the preparation and contact the Endoscopy Unit on 01392 402400 within office hours. Out of hours call your GP for advice.

If you have a morning procedure
(If your appointment time is BEFORE 12 midday)

One day before your colonoscopy:

Day/date

■ Have a light breakfast before 9am (see food list) and then STOP EATING solid food until after your colonoscopy.

■ From 9am please take plenty of clear fluid and drink at least 2 cups every hour throughout the day. Please drink sugary drinks, not diet or sugar free versions.

■ At 5pm make up your first litre of Moviprep. Drink this litre over the next 1-2 hours. Drink an extra 2 glasses (500mls) of clear fluids with the first litre of Moviprep.

At 8-9 pm make up your second litre of Moviprep. Drink this litre over the next 1-2 hours. Drink an extra 2 glasses (500mls) of clear fluids with the second litre of Moviprep.

If you have an afternoon procedure
(If your appointment time is AFTER 12 midday)

One day before your colonoscopy:

Day/date

■ Have a light lunch before 1pm (see food list) and then STOP EATING solid food until after your colonoscopy.

■ From 1pm please take plenty of clear fluid and drink at least 2 cups every hour throughout the day. Please drink sugary drinks, not diet or sugar free versions.

■ At 7pm make up your first litre of Moviprep. Drink this litre over the next 1-2 hours. Drink an extra 2 glasses (500mls) of clear fluids with the first litre of Moviprep.

■ At 6am make up your second litre of Moviprep. Drink this litre over the next 1-2 hours. Drink an extra 2 glasses (500mls) of clear fluids with the second litre of Moviprep.

Allow 2 hours for the Moviprep to work after finishing the second litre, before leaving home in plenty of time for your appointment.

On the day of your procedure:

Day/date

Remember DO NOT EAT ANY SOLID FOOD. You may continue to take fluids UP UNTIL 2 HOURS before your appointment time and then NIL BY MOUTH from until after your procedure.

If you have any queries regarding the special diet requirements, please contact the Endoscopy Unit on 01392 402400.
Current medication

It is important that you make your nurse aware if you are taking any of the following medication so that they may decide if bowel preparation is suitable for you to take.

- Diuretics
- Corticosteroids e.g. Prednisolone
- Lithium
- Non-steroidal anti-inflammatory medicine e.g. Diclofenac
- Tricyclic antidepressants
- Antipsychotic drugs e.g. Chlopromazine, Clozapine, Risperidone
- Carbamazepine
- Antiepileptics
- Contraceptives
- Diabetic medications
- Antibiotics
- Angiotensin II receptor antagonists or ACE inhibitors

Please also let the nurse know if you have any of the following conditions:

- Bowel obstruction or perforation, acute intestinal or gastric ulceration, recent gastrointestinal surgery
- Acute severe colitis, inflammation of the large bowel (IBD, ischemic or infective)
- Kidney impairment
- Congestive heart failure
- Difficulty swallowing
- Difficulty mobilising
- A previous reaction to bowel preparation

If you require further information please contact the Endoscopy unit on 01392 402400 within office hours.