Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Preparing for your Colonoscopy with MOVIPREP® (triple dose)

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Preparing for your Colonoscopy - MOVIPREP® (triple dose)

Patient Information

Pharmacy/Gastroenterology

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Introduction

This leaflet is designed to help you to prepare for your colonoscopy with a bowel preparation called MOVIPREP®.

The aim of this bowel preparation is to clean the bowel, to enable the lining of the bowel to be seen during the procedure.

MOVIPREP® works by emptying the contents of your bowels, so you should expect to have frequent and watery bowel movements within an hour of each dose. Please ensure you are near a toilet once you have started taking your bowel preparation.

Please read this leaflet carefully and follow the instructions, so as to ensure your colonoscopy is successful.

It is important that you follow the advice and preparation schedule correctly. If your bowel is not properly prepared, your procedure may be unsuccessful.

How to prepare and take MOVIPREP®

For your procedure, you will need to take 3 doses of MOVIPREP® to complete the preparation. The information leaflet contained within the box of MOVIPREP® may contain information regarding a single dose and double dose regimes. Please ensure you only follow the triple dose information contained in this leaflet as intended.

You will receive 6 sachets of MOVIPREP®. There will be 3 large sachets (sachet A) and 3 small sachets (sachet B). You will need all of these sachets to complete the preparation.

This is sufficient to make up three litres of MOVIPREP® solution.

To make up 1 litre of MOVIPREP® (1 dose):

1. Add the contents of BOTH sachet A and sachet B to a measuring jug that holds 1 litre

2. Fill the jug up with water (not chilled) to the 1 litre mark

3. Stir until all the powder has dissolved and the MOVIPREP® solution is clear or slightly hazy. This may take up to 5 minutes



Drink an additional 500ml of water or clear fluids with each litre of MOVIPREP® taken as stated in the pictures above.

Examples of clear fluids:

Water, squash, cola, lemonade, tonic / soda water, black tea / coffee (no milk), clear soup / strained soup, Marmite / Bovril / Oxo mixed into weak drinks with hot water (nothing red coloured).

If you take any oral (by mouth) medication, do not take it an hour either side of drinking your dose of MOVIPREP®.

Please follow a Low Fibre Diet 3 days before you test:

Foods that are generally allowed on a low- fibre diet include:

- White bread without nuts and seeds
- White rice, plain white pasta and crackers
- Canned or well-cooked vegetables and fruits without skins or seeds
- Fruit and vegetable juice with little or no pulp, flavoured drinks and water
- Tender meat, poultry, fish, eggs and tofu
- Milk and foods made from milk - such as yogurt, pudding, ice cream, cheeses
- Butter, margarine, oils and salad dressings without seeds

You should avoid:

- Whole-wheat or whole-grain breads, cereals
- Brown or wild rice and other whole grains, such as oats, kasha, barley and quinoa
- Dried fruits and prune juice
- Raw fruit, including those with seeds, skin or membranes, such as berries
- Raw or undercooked vegetables, including sweetcorn
- Dried beans, peas and lentils
- Seeds and nuts and foods containing them, including peanut butter and other nut butters
- Coconut
- Popcorn

The day before your appointment

- Unless your doctor or nurse tells you differently, start taking MOVIPREP® the day before your examination. The timing of this will be determined by your appointment time (morning or afternoon), which is explained in more detail below.
- You should drink plenty of clear fluids (see above) when you have started the bowel preparation.
- You can drink up until 4 hours before your examination.

Morning appointment

- The day before your appointment, you can eat a light breakfast at 8 – 9am. The breakfast should consist of low libre options – see food examples above.
- Following this, do not eat anything until after your appointment. You may have clear fluids only.
- At 2pm in the afternoon, you will need to make up your first litre of MOVIPREP® (sachet A + B - dose 1). Drink this over 1-2 hours. This would be one glassful (250ml) every 15-30 minutes.
- At 5pm in the evening, you will need to make up a second litre of MOVIPREP® (sachet A + B - dose 2). Drink this over 1-2 hours.
- At 8pm at night, you will need to make up your third litre of MOVIPREP® (sachet A + B - dose 3). Drink this over 1-2 hours.
- Allow 2 hours for MOVIPREP® to work after finishing the third litre. You can go to bed once you stop going to the toilet.
- You should expect frequent bowel movements within an hour of each dose, so ensure you are close to toilet facilities.
- It is important to drink at least another 500ml of clear fluid with each litre of MOVIPREP ®.
- Stop all fluids 4 hours before the procedure.

Afternoon appointment

- The day before your appointment, you can eat a light lunch at 1pm. The lunch should consist of low libre options – see food examples above.

- Following this, do not eat anything until after your appointment. You may have clear fluids only.

- At 5pm in the evening, you will need to make up your first litre of MOVIPREP® (sachet A + B - dose 1). Drink this over 1-2 hours. This would be one glassful (250ml) every 15-30 minutes.

- At 8pm at night, you will need to make up a second litre of MOVIPREP® (sachet A + B - dose 2). Drink this over 1-2 hours. You can go to bed once you stop going to the toilet

- At 6am on the day of your appointment, you will need to make up your third litre of MOVIPREP® (sachet A + B - dose 3). Drink this over 1-2 hours.

- Allow 2 hours for MOVIPREP® to work after finishing the third litre.

- You should expect frequent bowel movements within an hour of each dose, so ensure you are close to toilet facilities.

- It is important to drink at least another 500ml of clear fluid with each litre of MOVIPREP ®.

- Stop all fluids before the procedure.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via Yellow Card Scheme at www.mhra.gov.uk/yellowcard.

By reporting side effects, you can help to provide more information on the safety of this medicine.

Further information

If you require further information on the bowel preparation, or if you have any problems whilst taking it, please contact the Department on the following numbers (Mon – Friday, 9 – 5:30pm):

- Endoscopy: 01942 822450
- Pharmacy: 01942 822491
- Medicines Information: 01942 822466



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