How to prepare for your colonoscopy using MOVIPREP bowel preparation
Introduction

Your Doctor has recommended that you have a colonoscopy to examine your colon (large bowel).

Colonoscopy - the inspection of your large bowel (colon) with a flexible camera (colonoscope).

Please see the leaflet called “Patient Information on Colonoscopy - Your questions answered”.

Why do I need preparation?

The colonoscopy looks at the inside of the large bowel. To have a successful examination, the bowel must be empty and clean. If the bowel is not empty and clean, it is not possible to see clearly and this could mean the test needing to be repeated.

What is bowel preparation?

You will receive sachets and tablets to clean your bowel, both of these are to be taken as instructed.

MOVIPREP is a strong laxative which is supplied in a box containing four sachets. They contain a whitish brown sugar free lemon flavoured powder. 2 sachets are marked ‘A’ and 2 sachets marked ‘B’. Further instructions are explained more fully further in the leaflet.

The tablets are Senna tablets you will need to take six of these, they are also a laxative.

This leaflet tells you how to prepare for your colonoscopy using two types of laxative. You must also follow the special diet set out in this leaflet.

What can I expect of the bowel preparation?

The bowel preparation can begin to work within 3 hours of taking it but as everyone is different it may take longer to work.

After you drink MOVIPREP you will have lots of watery bowel movement, so stay near to a toilet because you may need to use it urgently.

You may experience some abdominal cramp – this is normal in some people.
The skin around your bottom can become red and sore due to frequent diarrhoea. 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.

**Are there any side effects from bowel preparation?**

You may experience headaches, nausea and sometimes vomiting. Abdominal bloating can occur and, less frequently, abdominal cramps. You are allowed to take Paracetamol unless advised otherwise.

Most side effects are due to dehydration and can be avoided by drinking adequate amounts of fluid.

**When do I start to prepare for my colonoscopy?**

**7 days before your examination**
- Stop taking iron tablets – Iron turns your stools black, this makes it difficult to see the lining of the bowel clearly.

**4 days before your examination**
- Stop taking any medication that may cause you to be constipated, for example Lomotil, Loperamide or codeine phosphate.

**Continue taking all other normal medication**
For a morning appointment

1 day before your examination

- At **1pm** take 6 Senna tablets with a full glass of water
- You may have a light meal before you start taking MOVIPREP (This will be your last meal, no more solid food to be taken until after your examination)
- Do not eat anything after **4 pm**.
- If you take any oral medication, do not take it an hour either side of drinking your dose of MOVIPREP
- At **5pm** take 1 dose of MOVIPREP. Pour the contents of one sachet A and one sachet B into a jug. Add 1 litre of water to the powder and stir until the powder is completely dissolved and the solution is clear. Add cordial to taste if required (not blackcurrant)
- Drink one glassful of the MOVIPREP drink every 15 minutes until you have drunk it all (taking about 1 hour)
- It is important that you drink an additional 500mls (1 pint) of water
- At **8pm** make up your second litre of MOVIPREP as above and drink it over the next hour.
- **Remember** - it is important to drink an additional 500mls (1 pint) of water before bed.

What do I do on the morning of the colonoscopy?

- Remember you are not allowed to eat anything until after your test
- You may continue to take all your medications as normal
- You are allowed to drink water until 2 hours before your appointment. You may receive sedation during your colonoscopy examination, it is important that you **stop drinking 2 hours before your appointment**.

Attend the Endoscopy unit at your appointed time.

**Please inform the nursing staff on arrival if you are not passing clear liquid as you may require an enema prior to your procedure.**
For an afternoon appointment

1 day before your examination

- At 3pm take 6 Senna tablets with a full glass of water
- You may have a light meal before you start taking Moviprep (This will be your last meal, no more solid food to be taken until after your examination)
- Do not eat anything after 6pm.
- If you take any oral medication, do not take it an hour either side of drinking your dose of MOVIPREP
- At 7pm take 1 dose of MOVIPREP. Pour the contents of one sachet A and one sachet B into a jug. Add 1 litre of water to the powder and stir until the powder is completely dissolved and the solution is clear. Add cordial to taste if required (not blackcurrant)
- Drink one glassful of the MOVIPREP drink every 15 minutes until you have drunk it all (taking about 1 hour)
- It is important that you drink an additional 500mls (1 pint) of water before bed.

What do I do on the morning of the colonoscopy?

- Remember you are not allowed to eat anything until after your test.
- At 6am make up your second litre of MOVIPREP as above and drink it over the next hour.
- Remember - it is important to drink an additional 500mls (1 pint) of water during the morning.
- You are allowed to drink water until 2 hours before your appointment. You may receive sedation during your colonoscopy examination, it is important you stop drinking 2 hours before your appointment.

    Continue to take all your medications as normal

Attend the Endoscopy unit at your appointed time.

Please inform the nursing staff on arrival if you are not passing clear liquid as you may require an enema prior to your procedure.
For an evening appointment

1 day before your examination

- At **4pm** take 6 Senna tablets with a full glass of water.
- You may have a light meal before you start taking Moviprep (This will be your last meal, no more solid food to be taken until after your examination)
- Do not eat anything after 7pm.
- At **8pm** take 1 dose of MOVIPREP. Pour the contents of one sachet A and one sachet B into a jug. Add 1 litre of water to the powder and stir until the powder is completely dissolved and the solution is clear. Add cordial to taste if required (not blackcurrant)
- Drink one glassful of the MOVIPREP drink every 15minutes until you have drunk it all (taking about 1 hour)
- It is important that you drink an additional 500mls (1 pint) of water before bed.

What do I do on the morning of the colonoscopy?

- Remember you are not allowed to eat anything until after your test.
- At **10am** make up your second litre of MOVIPREP as above and drink it over the next hour.
- **Remember** - it is important to drink an additional 500mls (1 pint) of water during the morning.
- You are allowed to drink water until 2 hours before your appointment. You may receive sedation during your colonoscopy examination, it is important you **stop drinking 2 hours before your appointment**.

  **Continue to take all your medications as normal**

Attend the Endoscopy unit at your appointed time.

Please inform the nursing staff on arrival if you are not passing clear liquid as you may require an enema prior to your procedure.
Enter by the Outpatients Entrance and follow signposts for Endoscopy. Please do not bring valuables or jewellery with you to the unit as the Trust cannot accept responsibility for any loss of your personal belongings.

Contact Numbers
If you have any further questions, you should contact the following:
Monday – Friday (8.30am – 5.00pm)
Endoscopy Unit 0191 445 2586
Lower GI Nurse Practitioner Bleep 2401 or Via Hospital Switchboard
Accident and Emergency Department 0191 445 2171

If you require ambulance transport please contact your GP surgery.

The Patient Advice and Liaison Service (PALS) can provide help, advice and support to
patients, relatives or carers who have any questions or concerns regarding their health care. PALS are unable to give medical advice. You can contact PALS on free phone 0800 953 0667. Monday - Friday, 9.00am 5.00pm. An answer phone is available outside of these hours and calls will be returned the next working day.

Data Protection

Any personal information is kept confidential. There may be occasions where your information needs to shared with other care professionals to ensure you receive the best care possible.

In order to assist us improve the services available your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews. Further information is available in the leaflet Disclosure of Confidential Information IL137, via Gateshead Health NHS Foundation Trust website or the PALS Service.

This leaflet can be made available in other languages and formats upon request

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