

# MOVIPREP Laxative instructions (morning appointment)

Information and advice for patients preparing for a colonoscopy or sigmoidoscopy

## Endoscopy

These are instructions that will show you how to take MOVIPREP in preparation for your colonoscopy or sigmoidoscopy procedure.

You are also advised to read any patient information leaflet provided by the manufacturer.

### What is MOVIPREP?

MOVIPREP is a strong laxative that you need to take before your colonoscopy or sigmoidoscopy. It is powder which you must mix with water and drink. We will have sent you two clear sealed plastic bags containing the MOVIPREP with your appointment letter or given to you at an appointment. MOVIPREP will give you diarrhoea so you should stay close to a toilet once you have taken it.

### What are the benefits of MOVIPREP?

Taking MOVIPREP will empty your bowel so that the lining can be examined properly during your colonoscopy or sigmoidoscopy.

### What are the risks of taking MOVIPREP?

The risk of taking MOVIPREP is that it can cause side effects such as nausea (feeling sick), vomiting, diarrhoea, bloating, abdominal (tummy) pain, sleep disturbance and anal irritation. Applying a barrier cream such as zinc and castor oil can help with any soreness on the bottom.

Vomiting and diarrhoea can lead to fluid loss (dehydration) with dizziness, headache and confusion if you do not have enough fluid and salt to replace what has been lost.

If you feel unwell while taking MOVIPREP, please get in touch with us using the contact details at the end of this leaflet. If your symptoms are severe please go to A&E or call 999 in an emergency.

### What are the risks of not taking MOVIPREP?

If you do not take MOVIPREP correctly, your bowel will not be cleansed enough to ensure a safe and effective examination, which may mean we need to cancel your procedure.

### Are there any alternatives to taking MOVIPREP?

There are alternative types of laxative available but these have the same effect. MOVIPREP is the one we recommend. If you are concerned about taking MOVIPREP, you can contact the endoscopy unit.

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### Before taking MOVIPREP

Please let the doctors or nurses know about the medication that you are taking before you take MOVIPREP.

If you take diabetic tablets or insulin and have not received a diabetic leaflet or you are on tablets that thin the blood such as warfarin, rivaroxaban, edoxaban, dabigatran, clopidogrel/Plavix, prasugrel, ticagrelor or apixaban, please contact the doctor who referred you before you take the MOVIPREP. If you take contraceptive pill, you should take another type of contraception for the week following taking the MOVIPREP.

### Five days before the test

You need to stop taking tablets containing iron.

### Three days before the test

You need to follow a low residue diet for at least three days before the test to help your bowel empty properly for the colonoscopy. A low residue diet is made up of foods that are easy to digest and avoids foods that are high in fibre.

High Fibre foods to avoid	Low residue foods you can eat
<ul style="list-style-type: none"> <li>• Bread – wholemeal, high bran, granary, high fibre or half wholegrain</li> <li>• Wholemeal pittas, chapattis, crumpets, scones and muffins</li> <li>• Cereal bars, digestive biscuits, fruit cake, fig rolls</li> <li>• Wholemeal lasagne/pasta</li> <li>• Brown rice</li> <li>• High fibre or bran crisp breads and crackers</li> <li>• Wholemeal, wholegrain bran or high fibre cereals, porridge and muesli</li> <li>• Nuts</li> <li>• Fruit – fresh, frozen, cooked and dried</li> <li>• Beans, lentils and chick peas</li> <li>• Potatoes with skin on</li> </ul>	<ul style="list-style-type: none"> <li>• White cereals such as cornflakes or rice based cereals</li> <li>• White rice and pasta</li> <li>• Plain white biscuits such as rich tea, custard creams, nice or malted milk</li> <li>• White bread, crumpets and scones (without dried fruit)</li> <li>• Well cooked meat, fish, cheese or egg</li> <li>• Potatoes without the skin</li> </ul>

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### The day before the test

Eat breakfast before 9 am. Do not eat anything after 9 am even if you feel hungry, because your bowel needs to be completely empty for your examination. You can have clear soups, soft drinks or black tea and coffee (without milk). Add sugar if you like. All your drinks must be clear because then you know there is no fibre in them.

### 5 pm

At about 5 pm, make up your first litre of **MOVIPREP** (sachets A and B) and drink it over 1 - 2 hours.

Have a rest for two hours.

**It is important to drink an additional 500ml of water or clear fluid with each litre of MOVIPREP during the evening.**

### 8-9 pm

At about 8-9 pm make up your second litre of **MOVIPREP** (sachets A and B) and drink it over 1-2 hours.

**It is important to drink an additional 500ml of water or clear fluid with each litre of MOVIPREP during the evening.**

If you do not have a bowel movement within four hours of taking Moviprep, stop the intake and contact the endoscopy unit.

Allow two hours for **MOVIPREP** to work after finishing the second litre.

You can go to bed when you stop going to the toilet (for example 11 pm).

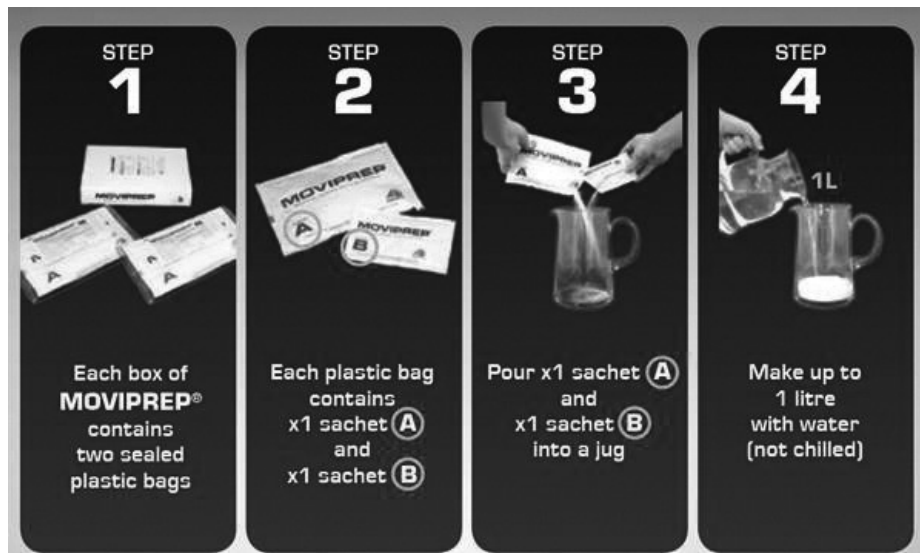
### How to prepare MOVIPREP:

- Open one clear bag and remove Sachets A and B
- Add the contents of BOTH sachet A and B to a measuring container that holds 1 litre.
- Add water into the container up to the 1 litre mark and stir until all the powder has dissolved and the MOVIPREP solution is clear or slightly hazy. This may take up to five minutes.

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(Source: Hints and Advice for patients taking MOVIPREP or MOVIPREP Orange, produced by Norgine).

### Key points to remember:

- Do not eat anything after breakfast on the day before your colonoscopy or sigmoidoscopy until after your hospital appointment;
- Take two litres of MOVIPREP the night before your colonoscopy or sigmoidoscopy procedure;
- To prepare one litre of MOVIPREP: pour the contents of one sachet A and one sachet B into a jug, make up to one litre with water (not chilled);
- Drink an additional 500 ml of water or clear fluids with each sachet of MOVIPREP taken;
- If you take any oral medication, do not take it an hour either side of drinking your dose of MOVIPREP.

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

Always read the label. It is extremely important to complete your bowel preparation fully as instructed because your doctor will need to have a clear view of the inner lining of your bowel.

**If you have missed a dose or taken it incorrectly, please phone the Endoscopy unit on 0121 507 5800 (City Hospital) or 0121 507 2489 (Sandwell Hospital).**

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### Contact details

Please contact us if you have any questions or concerns.

#### Sandwell Hospital Endoscopy Unit

0121 507 2489/2796

8am - 6.30 pm (weekdays only)

#### City Hospital Endoscopy unit

0121 507 4062/5318

8am - 6.30pm (weekdays only)

#### When out of hours, please contact:

Sandwell Hospital, Priory 5 Gastroenterology Ward 0121 507 3493

6.30pm-8am Monday-Friday (evening), and weekends.

### Sources used for the information in this leaflet:

- Moviprep® (2017). *How to take Moviprep®*. Available at: <https://moviprep.salix.com/about-moviprep/taking-moviprep> (Accessed 26 July 2021).
- Norgine Pharmaceuticals Limited (2019) *Hints & advice on taking Moviprep® morning appointment*. Available at: [https://www.sfh-tr.nhs.uk/media/9205/moviprep\\_instruction\\_leaflet\\_morning\\_appointment.pdf](https://www.sfh-tr.nhs.uk/media/9205/moviprep_instruction_leaflet_morning_appointment.pdf) (Accessed 26 July 2021).

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ML5738

Issue Date October 2021

Review Date: October 2024