

MOVIPREP Laxative instructions (morning appointment)

Information and advice for patients preparing for a colonoscopy or sigmoidoscopy

Bowel Cancer Screening Programme

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 or using wet wipes after each bowel movement, can help prevent soreness of 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 contact your GP. 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 Bowel Cancer Screening team.

MOVIPREP Laxative instructions (morning appointment)

Information and advice for patients preparing for a colonoscopy or sigmoidoscopy

Bowel Cancer Screening Programme

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, dabigatran, clopidogrel/Plavix, prasugrel, ticagrelor or apixaban, please contact the Bowel Cancer Screening team before you take the MOVIPREP.

Medications

Iron tablets last dose on

Anticoagulant last dose on

Antiplatelet last dose on

Diabetic care leaflet given YES / NO

Other stop on

Other start on

MOVIPREP Laxative instructions (morning appointment)

Information and advice for patients preparing for a colonoscopy or sigmoidoscopy

Bowel Cancer Screening Programme

Three days before the test

Date

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 you CAN'T eat	Low residue foods you CAN eat
<ul style="list-style-type: none"> • Bread – wholemeal, high bran, granary, high fibre or half wholegrain • Wholemeal pittas, chapattis, crumpets, scones and muffins • Cereal bars, digestive biscuits, fruit cake, fig rolls • Wholemeal lasagne/pasta • Brown rice • High fibre or bran crisp breads and crackers • Wholemeal, wholegrain bran or high fibre cereals, porridge and muesli • Nuts • Fruit – fresh, frozen, cooked and dried • Beans, lentils and chick peas • Potatoes with skin on 	<ul style="list-style-type: none"> • White cereals such as cornflakes, frosties or rice based cereals • White rice, white pasta or white noodles • Plain white biscuits such as rich tea, custard creams, nice or malted milk • White bread, crumpets and scones (without dried fruit) • Well cooked meat, fish, cheese, egg or tofu • Potatoes without the skin • Butter or margarine • Ice cream, custard, rice pudding or clear jelly

The day before the test

Date

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, clear soft drinks, clear cordials, black tea, herbal tea or coffee without milk. Sugar can be added to drinks if you like but they must not contain fibre.

Any of these drinks can be taken until 2 hours before your procedure.

5 pm

At about 5 pm, make up your first 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.

Have a rest for two hours.

MOVIPREP Laxative instructions (morning appointment)

Information and advice for patients preparing for a colonoscopy or sigmoidoscopy

Bowel Cancer Screening Programme

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.

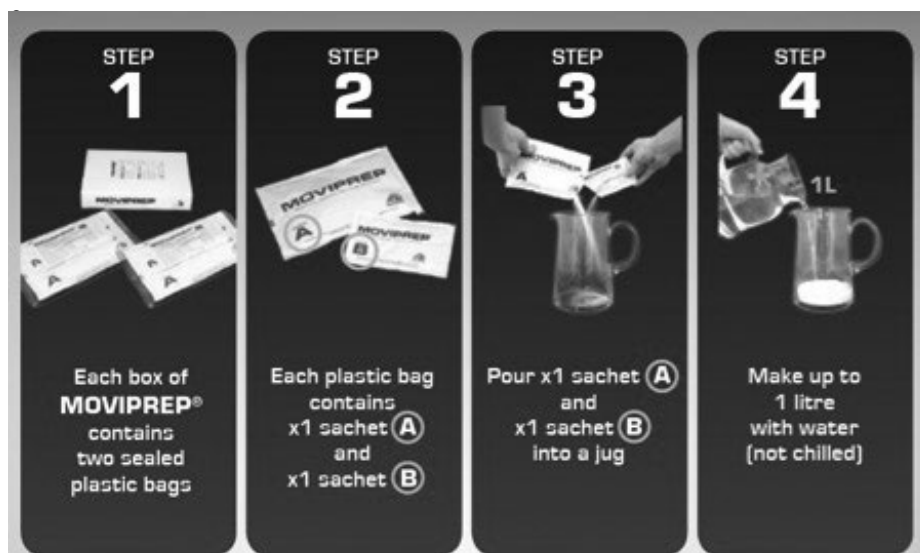
If you do not have a bowel movement within four hours of taking Moviprep, stop the intake and contact the endoscopy unit.

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.
- After Moviprep has dissolved in the water, the solution can be covered and stored in the fridge for up to 24 hours.
- It may be easier to drink using a straw.



MOVIPREP Laxative instructions (morning appointment)

Information and advice for patients preparing for a colonoscopy or sigmoidoscopy

Bowel Cancer Screening Programme

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 Bowel Cancer Screening nurses.

Contact details

Please contact us if you have any questions or concerns.

Sandwell Hospital Bowel Cancer Screening nurses

0121 507 3185/3874

City Hospital Bowel Cancer Screening nurses

0121 507 6002

Queen Elizabeth Hospital Bowel Cancer Screening nurses

0121 371 6993

When out of hours, please contact:

Sandwell Hospital, Priory 5 Gastroenterology Ward 0121 507 3493

City Hospital, Ward D15 Gastroenterology Ward 0121 507 4405

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

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Bowel Cancer Screening Programme

Sources used for the information in this leaflet:

- Norgine (2020). *Hints & advice on taking Moviprep*. Uxbridge: Norgine Pharmaceuticals limited.
- Norgine (2019). *Information for the user, Moviprep, powder for oral solution*. Uxbridge: Norgine Pharmaceuticals limited.
- Imperial College healthcare NHS trust (2021). *Low residue diet, information for patients, relatives and carers*. London: Imperial College healthcare NHS trust.
- Moviprep (2017). *How to take Moviprep*. Available at: <https://moviprep.salix.com/about-moviprep/taking-moviprep>

(accessed on January 2022).

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5303 or email: swb-tr.swbh-gm-patient-information@nhs.net



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