



## Instructions for Morning appointment

- Eat breakfast before 09:00
- Do not eat anything after 09:00
- Have the 1<sup>st</sup> Moviprep at 17:00
- Drink 500 mls more water or clear drinks
- Have the 2<sup>nd</sup> Moviprep at 20:00 - 21:00
- Drink 500 mls more water or clear drinks
- Stop drinking 6 hours before your appointment



## 1 The day before your examination



09:00



**Do not eat anything after 09:00**  
Do not eat food again until after your examination even if you feel hungry. Your bowel must be completely empty for the examination to be successful.



### Clear drinks

You may drink clear fluids. All your drinks must be clear because then you will know that there is no fibre in them.

- Clear soup
- Oxo
- Bovril



- Soft drinks (not red coloured)
- Black tea
- Coffee (no milk)



### No limitation on the amount of clear drinks

You may drink as much as you like of these fluids.



**Sugar**  
You may add sugar if you like.

## Getting Ready for Colonoscopy with Moviprep

## Pre Colonoscopy Diet

2

Two days before colonoscopy - Low residue diet  
Two days before your test please follow a low residue diet, which consists of the following:

### Foods to avoid

 Red / purple drinks
  Red meat
  Fruits
  Vegetables
  Nuts

- Red meat
- Sausage
- Pies
- Fruits
- Salads, vegetables
- Potato skins
- Chips
- Wholemeal or brown bread
- Nuts
- Pulses
- Baked beans
- Wholemeal pasta
- Brown rice
- Puddings containing fruit and nuts
- Cakes, biscuits
- Yoghurts



### Suggested Foods

 Fats  
(use sparingly)  
Butter or margarine
  Potatoes  
(no potato skins)  
Boiled, creamed, mashed or baked
  Rice  
Plain boiled white rice
  Pasta  
Plain macaroni, plain spaghetti, plain noodles
  Cereals  
(no bran)  
Crisped rice cereal, cornflakes
  Eggs  
Boiled or poached

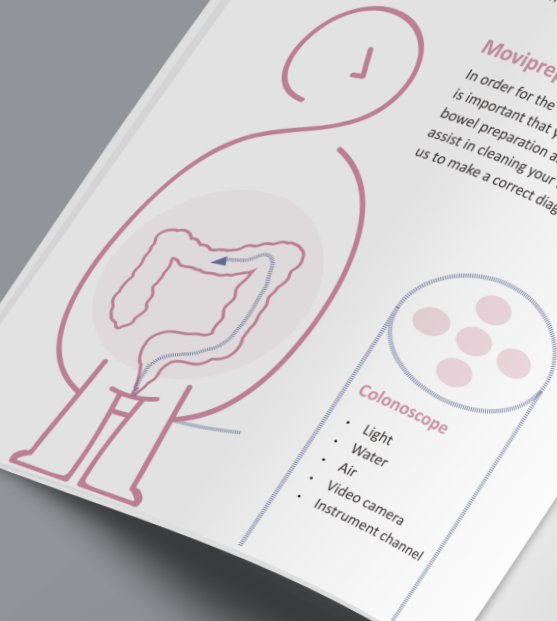
 Meat  
Mince, well cooked, tender or lean meat, such as: beef, lamb, ham, veal, pork, poultry.
  Fish  
Fish or shellfish
  Cheese  
Cream, cottage or cheese sauce
  Bread  
White bread or white toast
  Dessert  
(not red jelly)  
Clear jelly

## What is a Colonoscopy?

A Colonoscopy is a test, which allows the Doctor to look directly at the whole of the large bowel (colon). In order to do this a flexible tube the thickness of a finger with a light at the end, is carefully passed through the anus into the rectum and into the large bowel.

### Moviprep

In order for the test to be successful, it is important that you take the Moviprep bowel preparation as directed. This will assist in cleaning your bowel, enabling us to make a correct diagnosis.



## Benefits

- Detect
- Treat

**Find your symptoms and treat.**  
By examining your bowel the cause of your symptoms may be found. Sometimes we are able to treat them there and then. Pictures and biopsies (samples) may be taken and sometimes polyps (small growths in the bowel) can be removed or other treatments performed.

## Risks

- ! Pain
- ! Bloating
- ! Discomfort
- ! Nausea

### < 0.07 % bleeding or perforation

A Colonoscopy is a safe examination but rarely, a complication such as bleeding or perforation may occur (1 in 1500, or if polyps removed 1 in 200). Other risks are discomfort, bloating and pain. Entonox (gas and air) may cause nausea, dizziness and euphoria. Sedation may cause nausea and vomiting. You could become over sedated which may reduce your breathing effort and you could also have a prolonged sedative effect.



### 19:00 1st Moviprep



Open one sealed plastic bag of Moviprep.



Each of the two sealed plastic bags contain two sachets. One sachet marked A and the other sachet marked B.



Empty the contents of sachet A and sachet B into a jug.



Add water (not chilled) to make up to **one litre** and stir until the powder has completely dissolved. You may add cordial to taste (not blackcurrant) if you require.



Drink one glassful (250mls) of the Moviprep drink every 15 – 30 mins until you have drunk the full litre. This may take 1 – 2 hours. Take your time, there is no need to rush.



### Drink 500 mls more water

You should also drink an additional 500 mls of water or clear fluids with each litre of the Moviprep that you take. This will prevent you from becoming dehydrated.



### When Moviprep solution is working

After you have finished the first litre of Moviprep and your 500mls of additional fluids, allow 2 hours for Moviprep to work. You can go to bed when you have finished going to the toilet (for example 22:00).



### The day of your examination



Remember, do not eat anything.



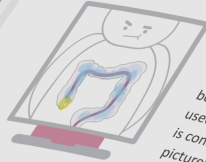
### 06:00 2nd Moviprep



Mix the sachets as before:  
Empty the contents of sachet A and sachet B into a jug. Add water (not chilled) to make up to one litre and stir until the powder has completely dissolved. You may add cordial to taste (not blackcurrant) if you require.



## Uncomfortable



### Inflating your colon

A colonoscopy can be uncomfortable as bends in the colon are negotiated and air is used to inflate the colon. The Colonoscope is connected to a television system where pictures can be seen.

## Alternative treatments

### Barium Enema

- ✗ No treatment
- ✗ No biopsies

The alternative to a Colonoscopy is a barium enema. This is a type of x-ray which does not include any treatment and it cannot provide biopsies. Therefore, you may still need to have a Colonoscopy at a later date.

### ! Please note

**3 - 4 hours waiting & recovery time**  
Your appointment time takes into account the time required to admit you to the unit. You should not expect to go immediately through for the test when called. You should expect to be with us for 3-4 hours including waiting and recovery time.

## What should I do before attending?

Please make sure you follow the instructions in this leaflet and on your appointment letter.

01253 306078

### Gastro Unit

It is important to inform the department if you are unable to attend your colonoscopy appointment on Telephone 01253 306078. Your appointment can be given to another person if you do not require it.

6hr

### before appointment

You must have nothing to drink for the 6 hours before your appointment (except medication).

2hr

### before appointment

Take any medication you are on up to 2 hours before your appointment with water. If you are taking medication for DIABETES please refer to the specific diabetic instructions towards the end of this booklet.

### Drink



Please bring a list of your medication with you on the day. Leave valuables and jewellery at home where possible, we cannot look after these for you.



Please note that the time of day that you will need to start taking the Moviprep solution differs between a morning and an afternoon appointment. Follow the instructions carefully.

## Instructions for Afternoon appointment

- Eat lunch before 13:00
- Do not eat anything after 13:00
- Have the 1st Moviprep at 19:00
- Drink 500 mls more water or clear drinks
- Have the 2nd Moviprep at 06:00
- Drink 500 mls more water or clear drinks
- Stop drinking 6 hours before your appointment.



## 1 The day before your examination



Eat your lunch before 13:00



13:00



**Do not eat anything after 13:00**  
Do NOT eat anything after your 13:00 lunch. Do not eat food again until after your examination even if you feel hungry. Your bowel must be completely empty for the examination to be successful.



### Clear drinks

You may drink clear drinks, all your drinks must be clear because then you will know that there is no fibre in them.

- Clear soup
- Oxo
- Bovril



**No limitation on the amount of clear drinks**  
You may drink as much as you like of these fluids.



### Sugar

You may add sugar if you like.



## Colonoscopy with Sedation



Have a responsible adult to take you to and pick you up from hospital.



When you have had sedation you must NOT

- X Drive
- X Drink alcohol
- X Operate machinery
- X Sign legal documents
- X Return to work immediately

## Colonoscopy with Sedation



### Cannula

You will need a cannula (small plastic tube) in your hand or arm through which a mild sedation and analgesia (pain relief) is given. This should relax you but will not put you to sleep, *it is not a general anaesthetic*.

You will be *awake* and aware during the procedure with sedation.



Sedation may cause loss of memory and judgement for 24 hours after the test. You must not

-  Drive
-  Drink alcohol
-  Operate machinery
-  Sign legal documents



If your job involves any of the above you will need to take the day off work following the sedation.

## After the Colonoscopy with Sedation



### Recovery area

Following the procedures you will be transferred to our recovery area for a rest before being discharged home.



### 30\* mins rest

After the Colonoscopy you will have a rest for about half an hour and will then be offered a drink and biscuits.



### 1\* hour

After about an hour you will be discharged with your Colonoscopy results.



You may experience some bloating following the tests but this will soon settle.



### Accompanying adult

You will need a responsible adult to accompany you from the unit because of the effects of the sedation and also have someone at home overnight after having sedation.



### Drive

If you have had Entonox (gas and air) you will be able to drive after 30 minutes.



### Please note

If you have had sedation please refer to the 'Colonoscopy with Sedation' section of this leaflet regarding what you should and should not do.



### Results

You will be given the results of your Colonoscopy before leaving the unit barring any biopsy results.



### Discomfortable after Colonoscopy

Following the Colonoscopy you may feel bloated with wind-like discomfort. This is normal and usually settles quickly. If you have had biopsies taken or a polyp removed it is normal to pass small spots of blood from your bottom for a day or two.



### Contact Gastroenterology Unit

If you have any problems following your endoscopy please phone the Gastroenterology Unit or phone ward 12.



07:45 - 18:00

Monday to Friday

Ward 12 - 01253 303412

Gastroenterology Unit - 01253 303043

**17:00 1st Moviprep**



Open one sealed plastic bag of Moviprep.



Each of the two sealed plastic bags contain two sachets. One sachet marked A and the other sachet marked B.



Empty the contents of sachet A and sachet B into a jug.



Add water (not chilled) to make up to **one litre** and stir until the powder has completely dissolved. You may add cordial to taste (not blackcurrant) if you require.



Drink one glassful (250mls) of the Moviprep drink every **15 – 30 mins** until you have drunk the full litre. This may take 1 – 2 hours. Take your time, there is no need to rush.



**Drink 500 mls more water**

You should also drink an additional 500 mls of water or clear fluids with each litre of the Moviprep that you take. This will prevent you from becoming dehydrated.



**20:00 - 21:00 2nd Moviprep**



At about 20:00 - 21:00 make up the second litre of Moviprep as you did the first one. Again drink it over 1 – 2 hours.



**Drink 500 mls more water**

Drink an additional 500 mls of water or clear drinks again to prevent you from being dehydrated.



**Close to toilet**

When you start taking Moviprep solution it is important that you stay close to a toilet.



**When Moviprep solution is working**

- At some point you will start to experience watery bowel movements. This is quite normal and indicates that the Moviprep solution is working.
- The bowel movements will stop soon after you have finished drinking. Allow **2 hours** for the second litre of Moviprep to work.
- You can go to bed when you stop going to the toilet (for example 23:00).
- If you follow these instructions your bowel should be clear and this will help you have a successful examination.



**Stop drinking 6 hours before your appointment**



## Moviprep Information

**Diet + Moviprep = Well prepared for Colonoscopy**

In order to examine the whole of the bowel it must be clear of all waste materials. This is achieved by using a combination of changing what you eat and taking laxative medicines.

**7 Seven days before colonoscopy**  
Stop taking iron tablets.



**2 Two days before colonoscopy**  
Stop taking medication that may constipate you i.e.  
| Codeine | Lomolil | Imodium | Kaolin | Morphine |



**1 One day before colonoscopy**



### Close to toilet

Moviprep works by giving you diarrhoea. This is unpleasant but necessary and may last up until the time of your appointment. Easy access to your toilet will be required for most of the day.



### Barrier cream

You might like to use a barrier cream to prevent a 'sore bottom'. A product such as petroleum jelly can be effective.



### No alcohol

No alcohol should be drunk on the day before and the day of the procedure.



### Taking other medication

If you are taking other medication, please take it at least one hour before or at least one hour after taking Moviprep, otherwise they may be flushed through your digestive system and not work so well.

## Do Not Take Moviprep if

- You are **allergic** to any of the ingredients
- You are **pregnant**
- You are on **dialysis**
- You are taking medication for an **organ transplant**
- You have not passed wind or opened your bowels in the last five days
- Leading up to your bowel preparation time.

## Important notes on Moviprep

### Some Possible side effects of Moviprep

Abdominal pain, abdominal distension, tiredness, feeling generally unwell, soreness of the anus, nausea, vomiting, headache and indigestion. If you experience any of these symptoms try taking the Moviprep more slowly. Rarely are people allergic to Moviprep. They may experience a rash or itching, swelling of the face or ankles, palpitations or shortness of breath. If any of the side effects become serious, stop taking Moviprep and seek medical advice.

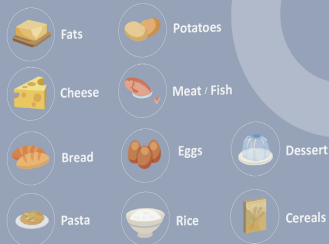
### Female Patients

If you are taking an oral contraceptive pill, diarrhoea can make it less effective. Continue taking the pill but use other precautions for the rest of that cycle.

### Contact Gastro Unit

Contact **01253 306078** or **01253 303043** if any of these cautions apply to you.

## Low Residue Diet Suggested Foods



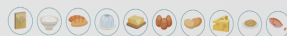
## Foods to avoid

- Red meat
- sausage
- pies
- fruits
- salads, vegetables
- potato skins
- chips
- wholemeal or brown bread
- nuts
- pulses
- baked beans
- wholemeal pasta
- brown rice
- puddings containing fruit and nuts
- cakes, biscuits
- yoghurts

## 7 Days Before Colonoscopy

Stop taking iron tablets.

## 2 Days Before Colonoscopy



stop taking medication that may constipate

If you are taking other medication, please take it at least one hour before or at least one hour after taking Moviprep, otherwise they may be flushed through your digestive system and not work so well.

## 1 Day Before Colonoscopy



Eat your breakfast before 9am

09:00

Do not eat anything after 9am

17:00 = + +

- Add sachet A and sachet B into a jug. Add water to one litre.
- Drink 250mls of the Moviprep drink every 15 – 30 mins.



20:00  
 21:00 = + +

- Add sachet A and sachet B into a jug. Add water to one litre.
- Drink 250mls of the Moviprep drink every 15 – 30 mins.



Drink an additional 500 mls of water or clear fluids along with the Moviprep during the course of the evening.

2 hours Allow 2 hours for the second litre of Moviprep to work.