

## Colonoscopy extended Bowel Preparation Instructions for six packets of Moviprep

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### Introduction

You have been given this leaflet so that you can prepare for your colonoscopy.

To be able to get a clear view of the lining of your bowel it is **very important** that you follow the bowel preparation and dietary advice below to clear out your bowel prior to the procedure.

If you have questions about bowel preparation or your regular medications, please contact the pre-assessment nurses on 020 8869 2044.

### Bowel preparation

Four packets of Moviprep are enclosed - three packets labelled A and three packets labelled B. They come with instructions inside the packaging, **but you must follow our instructions below. Our instructions have been designed by our consultants to provide the best results so that we can carry out your colonoscopy successfully.**

### Seven days before your colonoscopy

- Stop taking iron tablets until after the procedure.
- Stop taking Clopidogrel – please check with your GP/Cardiologist or anticoagulant clinic that you are able to stop this drug without taking anything to replace it.

### Five days before your colonoscopy

- Stop taking anticoagulants such as Warfarin - please check with your GP, Cardiologist or anticoagulant clinic that you are able to stop these drugs without taking anything to replace it.
- Stop taking any constipation medicines i.e. Lomotil, codeine phosphate etc.
- **Continue taking all other medication** as prescribed and any laxatives until after your appointment. If you are a diabetic on insulin or diabetic tablets- please contact the pre-assessment nurses for advice on: 020 8869 2044.

## Two days before your colonoscopy

### Food and drink

- Try to drink two litres of clear fluids (eight – ten glasses) per day until the day of the procedure. Examples of clear fluids are black tea, coffee, fruit squash, water, clear soups (without bits in)
- **Eat only food from the following list:**  
Boiled or steamed white fish, chicken (no skins), egg, cheese, white bread, plain muffins, butter, margarine, white rice, white pasta, rich tea biscuits, potatoes/pumpkin (no skins), cauliflower/asparagus tips only, Tofu, natural yoghurts, plain cottage cheese, tinned peaches/ pineapple, plain sponge cakes,
- **Do not eat:** High fibre foods such as red meat, pink fish, raw fruit or other vegetables, skins/ pips, cereals, salad, mushrooms, nuts/ seeds/, sweetcorn, wholemeal bread etc.

## One day before your colonoscopy

Have a good breakfast and light lunch of foods taken from the permitted list above until 12noon.

**From 12noon do not eat any solid food until after your examination** but drink plenty of clear fluids

### **If you are having a AM procedure (up to 11:30) please follow below:**

- **At 2pm** empty the contents of **one** packet labelled A and **one** packet labelled B into a jug containing one litre (1  $\frac{3}{4}$  pints) of cold water and stir until dissolved.
- Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish.
- **At 5pm** empty the second **one** packet labelled A and **one** packet labelled B into a jug containing one litre (1  $\frac{3}{4}$  pints) of cold water and stir until dissolved.
- Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish.
- During the evening drink at least one additional litre of water or clear fluid.

### ***On the day of your colonoscopy***

- **At 6am** empty the final **one** packet labelled A and **one** packet labelled B into a jug containing one litre (1  $\frac{3}{4}$  pints) of cold water and stir until dissolved.
- Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish.

### **If you are having a PM procedure (12:00 onwards) please follow below:**

- **At 5pm** empty the contents of **one** packet labelled A and **one** packet labelled B into a jug containing one litre (1  $\frac{3}{4}$  pints) of cold water and stir until dissolved.
- Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish.
- **At 7pm** empty the second **one** packet labelled A and **one** packet labelled B into a jug containing one litre (1  $\frac{3}{4}$  pints) of cold water and stir until dissolved.

- Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish.
- During the evening drink at least one additional litre of water or clear fluid.

***On the day of your colonoscopy***

- **At 9am** empty the final **one** packet labelled A and **one** packet labelled B into a jug containing one litre (1  $\frac{3}{4}$  pints) of cold water and stir until dissolved.
- Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish.

• **If you are having a EVENING procedure (16:30 onwards) please follow below:**

- **At 5pm** empty the contents of **one** packet labelled A and **one** packet labelled B into a jug containing one litre (1  $\frac{3}{4}$  pints) of cold water and stir until dissolved.
- Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish.
- **At 7pm** empty the second **one** packet labelled A and **one** packet labelled B into a jug containing one litre (1  $\frac{3}{4}$  pints) of cold water and stir until dissolved.
- Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish.
- During the evening drink at least one additional litre of water or clear fluid.

***On the day of your colonoscopy***

- **At 1pm** empty the final **one** packet labelled A and **one** packet labelled B into a jug containing one litre (1  $\frac{3}{4}$  pints) of cold water and stir until dissolved.
- Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish.

It is essential the bowel is completely clear so please ensure that you drink **all** sachets of Moviprep

**Remember to Drink Plenty of Clear Fluids.** If you do not drink enough fluids you may get dehydrated, feel dizzy, faint or experience a headache.

**On the day of your colonoscopy**

- Please take any regular prescribed medication with a small amount of water before 7am, unless otherwise instructed by the pre-assessment nurses.
- You may drink small quantities of water up until your arrival at the department

**Are there any side effects?**

- Please expect to have frequent bowel actions and eventually diarrhoea starting within three hours of taking the first dose of bowel preparation medicine. **We would strongly advise that you stay within easy reach of a toilet once you start taking the preparation medicine.** If you need to,

please use a barrier cream such as Zinc and Castor oil on your bottom to prevent soreness.

- Some stomach cramping is normal.
- If you vomit up the preparation medicine at any time, at any stage you vomit the preparation mixtures, or you have any other concerns regarding side effects please contact us directly during office hours (8am – 5pm) - Endoscopy recovery 020 8235 4141 or 020 8235 4142. Outside of office hours call the switchboard on 020 8235 4000 and ask to speak to the RMO on call for St. Mark's.

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## General Trust Information

### Patient Advice and Liaison Service (PALS)

PALS is a confidential service for people who would like information, help or advice about the services provided by any of our hospitals. Please call 0800 783 4372 between 10am and 4pm or e-mail [Nwlh-tr.PALS@nhs.net](mailto:Nwlh-tr.PALS@nhs.net). Please note that this service does not provide clinical advice so please contact the relevant department directly to discuss any concerns or queries about your upcoming test, examination or operation.

**For a translation of this leaflet or for an English version in large print, audio or Braille please ask a member of staff or call 0800 783 4372.**