# Information for patients

## Colonoscopy or Flexible Sigmoidoscopy under Deep Sedation (Propofol)/GA bowel preparation instructions for Extended Moviprep (3 sachets A and B) - afternoon appointment

### 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 before the procedure.

If you have questions about bowel preparation or your regular medications, please contact one of our Screening Practitioners on **020 8869 3543 020 8869 3362**.

### Anticoagulants or antiplatelets

If you are taking anticoagulants or blood thinning drugs such as clopidogrel (Plavix), warfarin, rivaroxaban, dabigatran or apixaban your Specialist Screening Practitioner should have discussed the management of these drugs prior to your colonoscopy.

### Diabetics

If you are a diabetic on insulin, or taking diabetic tablets, your Specialist Screening Practitioner should have discussed the management of this prior to your colonoscopy and provided you with additional information.

If you are not diabetic but on SGLT2 inhibitors (Dapagliflozin, Empagliflozin, Canagliflozin, Ertugliflozin) please stop taking the medication 2 days before your colonoscopy.

If you are on GLP1 or GIP for weight management (Trulicity, Ozempic, Wegovy, Mounjaro, Victoza) please continue having your regular injections.

### Bowel preparation

Six packets of Moviprep are enclosed (3 sachets A and 3 sachets B). This comes with instructions inside the packaging, **however, please follow our instructions below** which have been designed by our consultants to provide the best results for us to carry out your colonoscopy successfully.

### Seven days before your colonoscopy or flexible sigmoidoscopy

Stop taking iron tablets, or any supplements which has iron* as the active ingredient until after the procedure (*these will have iron, ferrous, ferric or feredetate in the name of the medicine).

### Five days before your colonoscopy or flexible sigmoidoscopy

Stop taking any constipating medicines i.e. Lomotil, codeine phosphate, cholestyramine, colesavelam or colestipol.

**Continue taking all other medication** (excluding anti-coagulants and antiplatelets) as instructed by the Specialist Screening Practitioner.

## Two days before your colonoscopy or flexible sigmoidoscopy

**Food and drink**
Try to drink two litres (8 to 10 glasses) of clear fluids per day until the day of the procedure. Examples of acceptable clear fluids are tea or coffee (with a small amount of milk only), diluted fruit squash, water, clear soups (without bits) Bovril, Oxo, fizzy drinks such as Lucozade, lemonade, hot honey and lemon. You may eat normal meals but **avoid high fibre foods** such as fruit, vegetables, wholemeal bread (see table below)

| **Example of allowed foods** | |
|---|---|
| Cereals | Cornflakes, Rice Krispies, Ricicles, Frosties, Sugar Puffs, Coco Puffs – **all dry with no milk** |
| Bread | White bread, plain or white flour for chapati, nan, paratha |
| White Rice or Pasta | Macaroni, spaghetti, noodles and white rice |
| Meat and Fish | Chicken, turkey, white fish (no skins), tofu, shellfish |
| Dairy | Cheese, plain or natural yoghurt, eggs (boiled, poached, scrambled) |
| Fruit and Vegetables | Potato, sweet potato, pumpkin, squash **(no skin),** cauliflower, asparagus tips only. Ripe cantaloupe, honeydew, ripe and peeled apricots, peaches |
| Puddings, Pastries and Cakes | Sponge cakes, madeira cakes, rich tea biscuits, jelly (not red), sugar, honey, lemon curd |
| Soups | Clear or sieved soups like broth, bouillon or consommé (not pureed) |
| Miscellaneous | Salt, vinegar, salad cream, boiled, sweets, mints, jelly babies |

| **Example of foods to avoid** | |
|---|---|
| Cereals | Muesli, all wheat-based cereals like wheat bran, all bran, Weetabix, shredded wheat and porridge. |
| Bread | Wholemeal, high fibre, oat bread, soft gain or granary bread |
| Rice or Pasta | Whole meal pastas, brown rice, quinoa |
| Flour | Whole meal or granary flour, wheat germ |
| Meat and Fish | All red meat, salami, cold cuts, sausages, burgers, pink fish |
| Dairy | Milk (whole, skimmed, soya, almond or oats) |
| Fruit and Vegetables | All other fruits and vegetables |
| Puddings, Pastries and Cakes | Those containing whole meal flour, oatmeal, nuts, dried fruits, fruit cake, Ryvita, digestive or Hobnob biscuits |
| Soups | Chunky vegetable, lentil, dal or bean soup |
| Miscellaneous | Seeds and nuts, Quorn, pepper, hummus |

## One day before your colonoscopy or flexible sigmoidoscopy

Have a good breakfast and light lunch of foods taken from the permitted list above until midday (12:00pm).

**After midday (12:00pm) DO NOT eat any solid food until after your examination** but drink plenty of acceptable clear fluids. Clear jelly (not red coloured) and boiled sweets or mints are allowed if you are hungry.

## Starting Bowel Preparation:

**At 2:00pm, the day before your colonoscopy or flexible sigmoidoscopy,** commence the bowel preparation as follows:

- Empty the contents of **1 sachet A and 1 sachet B** into a jug containing **1 litre (1 ¾ pints)** of cold water and stir until all powder is dissolved.
- **Start to take the 1 litre of solution** – take small sips every 15 to 20 minutes until the jug is empty.

**At 5:00pm the day before your examination,** empty the contents of **1 sachet A and 1 sachet B** into a jug containing 1 litre (1 ¾ pints) of cold water and stir until all powder is dissolved.

- Start to take the 1 litre of solution – take small sips every 15 to 20 minutes until the jug is empty.
- During the evening you must **drink an additional litre of water or clear fluid.**

## On the day of your colonoscopy or flexible sigmoidoscopy

**At 07:00am,** empty the contents of **sachet A and sachet B** into a jug containing 1 litre (1 ¾ pints) of cold water and stir until all powder is dissolved.

- Start to take the 1 litre of solution – take a few sips every 15 to 20 minutes until the jug is empty.
- Once completed you must drink at least an **additional litre** of water or clear fluid.
- **After 10:00am DO NOT TAKE ANYTHING BY MOUTH.**
- Please ensure you take your medication or tablets as instructed by the Screening Practitioner and bring it with you on the day of the test.
- Avoid taking any tablets within one hour of your bowel preparation. This means please take tablets one hour before or after drinking your bowel preparation. If you are unsure, please contact the screening centre for clarification.

## Are there any side effects?

- Please expect to have frequent bowel actions and eventually diarrhoea starting within 2 to 4 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 Sudocrem and Vaseline on your bottom to prevent soreness.
- If you do not drink enough fluids, you may get dehydrated, feel dizzy, faint or get a headache.
- Some stomach cramping is normal.
- If you vomit up the preparation medicine at any time, or you have any other concerns regarding side effects please contact us directly during office hours (8:00am to 6:00 pm) on **020 8869 3543**

## 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 020 869 5118 between 09:30am and 4:30pm or e-mail LNWH-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.