

## Patient information factsheet

# Bowel preparation using Moviprep (morning procedure)

We have given you this factsheet to explain how to use Moviprep bowel preparation before your colonoscopy or flexible sigmoidoscopy. Please make sure you read this information and follow the instructions carefully before your procedure. If you do not follow these instructions, we may have to cancel your procedure.

### Why do I need to take the bowel preparation?

Your bowel must be emptied of waste material to ensure the endoscopist can see clearly when you have your procedure. It is important that you follow the advice and preparation schedule correctly. If your bowel is not properly prepared, your procedure may be unsuccessful or we may have to cancel it.

### What is Moviprep?

Moviprep is a laxative used to clear the bowel before your colonoscopy or flexible sigmoidoscopy. It comes in a box that contains two sealed plastic bags. Each plastic bag contains one sachet marked A and one sachet marked B.

### What to expect

While you are taking Moviprep, you should expect frequent bowel actions and eventually diarrhoea. You can expect to go to the toilet between 12 and 15 times during your preparation. You need to be aware that you may experience urgency and you won't be able to control your bowel movements, so you may need additional protection. **Please make sure you are near a toilet once you have started taking your bowel preparation.**

It's also normal to have some cramping in your tummy. You can apply a barrier cream, such as Vaseline or Sudocrem, and use moist wipes gently after each bowel action to reduce any soreness which can develop around the anus.

You can help to reduce nausea and make Moviprep more palatable by keeping the mixture cold (once it has been made up), adding a little squash (avoid anything coloured red or purple like blackcurrant) and drinking it through a straw.

It's normal to feel some nausea, but if you start to vomit, contact the endoscopy department using the contact details at the end of this factsheet.

### If you have diabetes

Please see our separate diabetes advice sheet.

# Patient information factsheet

## How to take MoviPrep (diet, drink and medications advice schedule)

Please follow the instructions below, starting seven days before your procedure. You may want to tick each step as you complete it. Make sure you finish all the MoviPrep even if your motions are already liquid and clear.

Day	Time	Diet, drink and medications schedule	Completed	
Seven days before procedure		Stop taking all iron supplements, but continue other medications.		
Four days before procedure		Stop taking any constipating medicines, such as Lomotil, imodium (Loperamide) and codeine phosphate, but continue other medications.		
Two days before procedure		Stop eating items on the 'Foods to avoid' list (see dietary sheet), such as fruit, green vegetables, cereals, baked beans and brown bread. Choose foods from the 'Recommended foods' list only (see dietary sheet).		
One day before procedure	7 to 8am	Breakfast from the 'Recommended foods' list (see dietary sheet).		
	9am	Make sure you have finished eating your breakfast by 9am.		
	Do not have any more food after 9am. Continue to have clear fluids (see dietary sheet).			
	5 to 6pm	Take the first MoviPrep dose. Pour one sachet marked A and one sachet marked B into a jug. Make up to one litre by adding lukewarm drinking water. Stir until dissolved. This can take up to five minutes. You should aim to drink one glassful (250ml) of the MoviPrep every 15 to 30 minutes until you have drunk it all. This should take you between one and two hours to finish the jug. Please do not drink it too fast as it may make you feel sick.		
	6 to 7pm	It is really important to drink another 500ml of water or clear fluids after finishing each jug of MoviPrep.		
	8 to 9pm	Take the second MoviPrep dose. Pour one sachet marked A and one sachet marked B into a jug. Make up to one litre by adding lukewarm drinking water. Stir until dissolved. This can take up to five minutes. You should aim to drink one glassful (250ml) of the MoviPrep every 15 to 30 minutes until you have drunk it all. This should take you between one and two hours to finish the jug. Please do not drink it too fast as it may make you feel sick.		
	10 to 11pm	Please drink another 500ml of water or clear fluids.		
	MoviPrep will start to work anytime up to two hours after taking it. You can go to bed when you stop going to the toilet.			
On the day of your procedure	Morning	In the morning, continue to drink water up to two hours before your procedure and take any essential medications.		

## Dietary sheet

### Foods to avoid

From two days before your procedure, avoid:

- tough, fibrous meat, hamburgers, beef burgers, sausages and faggots
- sausage rolls, pasties, pies and pastries
- whole fruit and muesli yoghurts
- jacket potatoes (specifically the skin)
- all green vegetables and all vegetables not mentioned on the 'Recommended foods' list
- baked beans
- thick vegetable soup
- tomatoes, corn or peas
- wholemeal, seeded or granary bread
- brown rice, wholemeal flour and whole wheat pasta
- high fibre crisp breads and biscuits, such as digestives and 'Hob-nobs'
- cakes containing dried fruit, nuts or coconut
- all nuts and dried fruit, or anything else with pips
- peanut butter
- jam or marmalade with skin or pips
- all high fibre breakfast cereals, porridge and bran
- cheese, cottage cheese or cheese sauce
- butter, margarine, fats and oils
- all drinks containing milk

### Recommended foods

From two days before your procedure, until the beginning of your bowel preparation, you can eat:

- tender, lean meat, such as poultry, ham, liver or kidney
- fish
- potatoes without skins, which can be boiled, mashed, roasted or chipped
- eggs
- well-cooked cauliflower florets (without stalks), carrots, turnip or swede
- consommé or strained soup
- clear jelly (not red) without fruit
- white bread, white rice and easy-cook pasta
- water biscuits, cream crackers and 'Rich Tea' biscuits
- plain sponge cake or plain scones without fruit
- jam and marmalade without skin or pips
- black tea or coffee, with or without sugar
- water, squash or fizzy drinks
- Rice Krispies

### Clear fluids

Once your bowel preparation has started, you can have:

- water
- black tea or black coffee
- consommé
- clear or strained soup
- cola, lemonade or other fizzy drinks in small quantities
- strained, diluted, smooth fruit juices
- squash
- yeast or beef extract drinks, such as Bovril

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## Getting here

Car parking spaces at Southampton General Hospital are limited during peak times so please allow extra time before your appointment. We recommend that you consider coming by public transport or taxi if you can.

Please be aware that if you are put under sedation for your procedure, you cannot drive for a minimum of 24 hours.

## Contact us

If you need any further advice about your medication or about the bowel preparation, or you are unable to attend your appointment, please call us on **023 8120 6066**.

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E level  
West Wing  
Southampton General Hospital  
Tremona Road  
Southampton  
SO16 6YD

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

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