

## Taking your MoviPrep

Gemini Endoscopy Suite  
Tel: 01271 349180

Patients name: .....

Hospital No: .....

Your appointment is at ..... on .....

### Other formats

If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

## One day before colonoscopy

### If you have a morning appointment

Have a light lunch before 1pm and then STOP EATING solid food until after your colonoscopy. Please continue to drink at least 2 cups every hour, from the list of permitted fluids in the 'Having a colonoscopy' leaflet, throughout the day.

Start the 1<sup>st</sup> litre at 5pm and the 2<sup>nd</sup> litre at 8 – 9pm.

### If you have an afternoon appointment:

Have a light lunch before 1pm and then STOP EATING solid food until after your colonoscopy. Please continue to drink at least 2 cups every hour, from the list of permitted fluids, throughout the day.

Start the 1<sup>st</sup> litre at 7pm and the 2<sup>nd</sup> litre at 6 am on the day of your procedure. Allow 2 hours for the MoviPrep to work after finishing the second litre, before leaving home in plenty of time for your appointment.

**Please ensure you drink plenty of fluids from the permitted list of fluids throughout the morning on the day of your appointment.**

## Instructions for taking MoviPrep

1. Empty the contents of sachet A and B into a 1 litre (1¾ pints) jug.
2. Add water into the jug up to the 1 litre mark and stir until the powder has dissolved and the MoviPrep solution is clear or only slightly hazy. This can take up to 5 minutes.

3. You may flavour the MoviPrep with squash if you wish.
4. Bowel prep can be stored in the refrigerator for up to 24 hours, it should then be discarded.
5. Drink one glassful (½ pint or 250mls) of MoviPrep about every fifteen minutes until you have drunk it all. Drink it over 1-2 hours.
6. **It is important that you drink an additional 500mls of permitted fluids after each litre of MoviPrep.** (see list of permitted fluids)
7. Make up and take the next sachets in the same way.
8. After drinking MoviPrep you will have lots of watery bowel movements so stay near a toilet.
9. The effects of the bowel prep may give you a sore bottom, to help prevent this use a barrier cream such as Sudocrem, zinc and castor oil, or any type of nappy cream. Apply the cream to the appropriate area, before starting the bowel prep. Use moist toilet/ baby wipes to clean with. These can also be stored in the fridge to provide a soothing effect if soreness occurs.

## Possible side-effects of preparations

Like all medicines, MoviPrep can have side effects, although not everybody gets them.

When taking MoviPrep, feeling sick, a feeling of fullness in your stomach, bloating and wind may all be experienced. You may also experience abdominal cramps, vomiting or soreness of the anus (bottom). If you get a feeling of nausea (feeling sick) swelling of the stomach or stomach pain, or you start to vomit, you should drink Moviprep more slowly or stop drinking it for a few minutes until you feel better.

**PLEASE NOTE:** Do not take any other medicine by mouth within one hour of taking MoviPrep, as it will probably be flushed out before it has time to work.

### Other side effects include:

- People can be allergic to MoviPrep, and may get an itchy skin rash (nettle rash or hives) or reddening of the skin. They may also experience swelling of the face, lips, tongue and throat, and may also have difficulty in breathing and become breathless. **If you experience any of these reactions you should contact a doctor immediately for advice.**
- Convulsions (fits), confusion/disorientation linked with extremely low levels of sodium in the blood
- Dehydration or feeling thirsty
- Headaches or dizziness
- Shivering or fever may occur
- Malaise (general unwellness)
- Irregular heartbeats or palpitations; brief increase in blood pressure

If any of the side effects become serious, contact the Gemini Endoscopy Suite on **01271 349180** or ring your GP for advice. Outside of normal working hours, when your GP surgery is closed, **call 111; only call 999 in an emergency.**

## The day of your colonoscopy

On the day of your examination continue to drink clear fluids until 2 hours prior to your colonoscopy. For those 2 hours it is necessary to remain **nil by mouth** until after your procedure.

## Further information

If you have any queries or concerns about your colonoscopy, please do not hesitate to contact the Gemini Endoscopy Suite.

### PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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