

Bowel Cancer Screening Programme

Having a colonoscopy using Moviprep

Bowel Cancer Screening Nurse – Tel: 01271 314099

Gemini Endoscopy Suite – Tel: 01271 349180

Appointment details

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

This leaflet will answer many of your questions about your colonoscopy. However, if you would like to speak to someone, please contact the bowel cancer screening nurse on **01271 314099** Monday to Thursday 8am to 6pm.

Why is a colonoscopy needed?

This examination allows us to look directly at the colon (large bowel). This means we can check whether any disease is present and may help us find the cause of your abnormal screening test (FIT test).

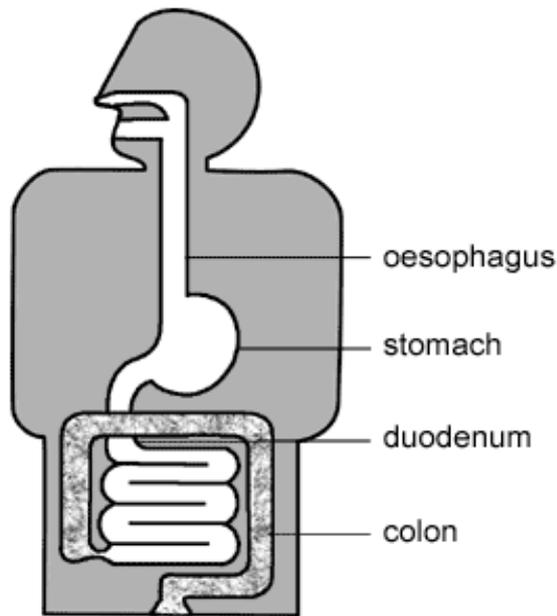
What does it involve?

A colonoscope is a thin, flexible tube, with a camera at the end. It is passed through your rectum (back passage) into your colon. There are medications you can choose to help you through your colonoscopy. These include:

Sedation: the type of sedation used is called waking sedation. It does not knock you out but will help you to relax during the procedure.

Pain Relief: this can be an injection (Fentanyl) or gas & air (Entonox).

You may choose to have one or more of these. Some patients choose to have no medications at all.



Sometimes a small amount of tissue may need to be taken from a particular area for further examination in the laboratory. This can be in the form of biopsy or polypectomy. Tissue is removed using tiny forceps or thin metal wire passed through the colonoscope. This is usually painless. However, you may feel a tugging sensation. During the test, photographs of your bowel may be taken.

How to find us

The Gemini Endoscopy Suite is located on Level 0 at the North Devon District Hospital in Barnstaple.

Once entering the hospital grounds, take the first turning right passing the Seamoor Unit with the living roof. Take the next left and follow the sign to the 'Endoscopy Suite drop-off point' and then on foot, follow the signs to the Endoscopy Suite. Go through the blue door and the entrance to the Gemini Endoscopy Suite is directly opposite.

Special preparations

If you are on medication to thin your blood, for example **Warfarin, Acenocoumarol, Phenindione** or **Clopidogrel, Dipyridamole, Prasugrel, Tricagrelor** or **Rivaroxaban, Apixaban, Edoxaban, Dabigatran** and this has not been discussed at your clinic appointment, please contact the Bowel Cancer Screening Nurses on **01271 314099**. You will have written instructions when to restart your medication after your procedure.

If you are a diabetic on medication (insulin or tablets), you may need to adjust your dose. For advice, please contact the Diabetic Liaison Nurse on 01271 322726.

Please follow these steps to prepare for your colonoscopy

Moviprep is given prior to colonoscopy to ensure the bowel is empty and allow complete investigation. When taking Moviprep some intestinal cramping is normal. If you feel clammy, faint or vomit, please stop taking the preparation and call the Bowel Cancer Screening Nurses or the Endoscopy Suite within office hours. Out of hours, please call your GP for advice.

Five days before colonoscopy

Please avoid granary or multiseeded bread and crisp breads, also any cereals containing seeds eg: muesli, granola.

If you take iron tablets or medications to control diarrhoea, please stop taking them until after your colonoscopy. You should continue to take any other medications, including laxatives.

If you are feeling at all constipated, consider taking an over-the-counter medication such as Senna up to five days prior to your colonoscopy to maximise the efficacy of the Moviprep bowel cleansing solution.

Four days before colonoscopy

Please follow the 'Low Residue Diet' sheet for 3 full days, until you are asked to stop eating.

One day before colonoscopy, taking your bowel prep

If you have a morning appointment:

Have a light breakfast **before 9am** and then STOP EATING solid food until after your colonoscopy procedure. You will still need to drink clear fluids from the permitted list (see page 4).

Make up the first litre of Moviprep (sachet A and B) at **5pm** and drink it over 1-2 hours. Drink an additional 500ml – 1000ml of clear fluids. Have a rest for 2 hours. Anytime between **8-9pm** make up your second litre of Moviprep (sachet A and B) and drink it over 1-2 hours. Drink an additional 500ml – 1000ml of clear fluids. Remain on clear fluids overnight.

On the day of your procedure

Only have clear fluids and then stop drinking after

If you have an afternoon appointment:

Have a light lunch **before 1pm** and then STOP EATING solid food until after your colonoscopy procedure. You will still need to drink clear fluids from the permitted list (see page 4).

Make up your first litre of Moviprep (sachet A and B) at **7pm** and drink it over the next 1-2 hours. Drink an additional 500ml – 1000ml of clear fluids. Remain on clear fluids overnight.

On the day of your procedure

The **following morning on your day of your examination**: remember do not eat anything. At **6am** make up and drink your second litre of Moviprep (sachet A and B) and drink it over 1-2 hours. Drink an additional 500ml – 1000ml of clear fluids.

Stay on clear fluids throughout the morning and then stop drinking after

Permitted clear fluids

It is important to drink plenty of clear fluids up until the time specified above. Drinks might include:

- All types of water
- Lucozade & any other sports drinks
- Tea & coffee (**no milk**), fruit & herbal teas
- Fizzy drinks, eg. Coke, ginger beer, tonic water etc
- Clear fruit juice, apple, cranberry, red/white grape juice (**not orange juice**)
- Fruit squashes (**not blackcurrant**)
- Hot honey & lemon
- Oxo, Marmite, Bovril
- Consommé/clear soup

You can also have:

- Any sugar-based sweets, eg. Jelly babies, fruit pastels, wine gums, Polos, dextrose tablets (not red sweets)

Instructions for taking Moviprep

1. Empty the contents of sachet A and B into a 1 litre (1 $\frac{3}{4}$ 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. Drink one glassful ($\frac{1}{4}$ pint or $\frac{1}{2}$ pint) of Moviprep about every fifteen minutes until you have drunk it all. Drink it over 1-2 hours.
5. It is important that you drink an additional 500mls – 1000ml of permitted fluids after each litre of Moviprep.
6. Make up and take the next sachets in the same way.
7. After drinking Moviprep you will have lots of watery bowel movements so stay near a toilet.
8. The effects of the bowel prep may give you a sore bottom. To help prevent this, use a barrier cream such as Sudocream, 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

When taking these preparations, feeling sick, fullness in your stomach, bloating and some intestinal cramping may be experienced. If any of the side-effects become serious, contact the Gemini Endoscopy Suite on **01271 349180**, the Bowel Cancer Screening Nurse on **01271 314099** or ring your GP for advice.

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.

What to bring

Please bring:

- Consent form (if given at pre-assessment)
- Dressing gown and slippers
- A list of or any tablets or medicines you are taking
- Your reading glasses

Please do not wear jewellery, make-up or nail varnish for this appointment.

Do not bring any valuables with you, as we cannot take responsibility for any losses.

What will happen during the test?

You will be asked to lie on your left side on the trolley and made as comfortable as possible. A probe will be placed on your finger and a blood pressure cuff put on your arm. This is to monitor your pulse and blood pressure during the procedure, and is routine. A small plastic tube will be placed in to a vein in your arm or hand. This is used to give you a sedative to make you more relaxed and sleepy.

The doctor will then pass the colonoscope gently into your rectum (back passage) and then proceed on to your colon (large bowel). The examination usually takes about 30-40 minutes.

What should I expect after the test?

After the examination, you will be taken to the recovery area, where you will be able to rest and relax. You will feel the need to pass quite a lot of 'wind' from your bowels. This may last for about 12 hours and is quite normal after this procedure.

If you have had a biopsy taken or polyp removed (small sample of tissue), you may notice a small amount of blood from your rectum (back passage), either on the toilet paper or in the toilet pan.

What are the possible complications?

A colonoscopy is the most effective way to diagnose bowel polyps or bowel cancer and for most people it is a straightforward procedure. However, as with most medical procedures, there is the possibility of complications. These can include heavy bleeding (about a one in 150 chance) which will need further investigation or medical advice. There is approximately a one in 1,500 chance that the colonoscope could cause a hole (perforation) in the wall of the bowel. In extremely rare cases, colonoscopy may result in death. Current evidence suggests that this may happen in around one in 10,000 cases.

When will I be able to go home?

As you will only have had sedation for this examination, you will be able to go home within about 2½ hours of your appointment time. However, it is imperative that someone comes to pick you up (please **do not** use public transport). You should be accompanied home by a responsible adult who should stay with you for at least 12 hours if you live alone. If this is not possible, then please contact the bowel cancer screening nurse.

Once home, it is important to rest quietly for the rest of the day. You can eat and drink normally. However, you must not drink alcohol, drive, sign legal documents or operate machinery for 24 hours. It is also advisable to take the following day off work.

How will I get my results?

The results of your test will be sent to your GP. If you have had polyps removed or biopsies taken, you will be contacted seven to 10 days later by the bowel cancer screening nurse to discuss your results.

Useful telephone numbers

- Bowel Cancer Screening Nurse 01271 314099
- Gemini Endoscopy Suite 01271 349180

Further information

If you have any queries or concerns about your colonoscopy, please do not hesitate to contact the bowel cancer screening nurse.

References

<http://www.cancerscreening.nhs.uk/bowel/>

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 email 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.

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