Colonoscopy with Moviprep

Information for patients

Preparing for your appointment

Medications.

You can continue your usual medications before the test unless you have been instructed to stop them by the clinician.

Some of the tests need you to stop taking medicines that thin your blood (anticoagulants/antiplatelets)

- Warfarin
- Dabigatran
- Rivaroxaban
- Apixaban
- Edoxaban
- Clopidogrel
- Prasugrel
- Ticagrelor

If you are on any of the following medicines and have **NOT** been given any advice about whether to stop or continue these, you **must** get In touch with the endoscopy department on the numbers provided.

Please note: you do **not** need to stop Aspirin before your procedure.

If you are diabetic, please contact your diabetes nurse to get advice on your medication and inform the patient bookings team on the numbers provided.

Other medicines

Please stop taking:

- Iron tablets e.g. Ferrous Fumarate (7 days before your appointment)
- Water tablets e.g. Furosemide (2 days before)
- Anti-inflammatory pain killers e.g. Ibuprofen (2 Days before)
- Fibre supplements e.g. Fybogel (2 Days before)
- Anti-diarrhoea e.g. Loperamide (2 days before)

If you are taking the oral contraceptive pill, the bowel preparation may cause it not to work. Other contraceptive methods should be used during the bowel preparation and for a week following the procedure.

2 days before your appointment

Please follow diet advice in the table below and continue to eat, avoiding high fibre foods. Further diet advice can be found online by scanning the QR code at the bottom of this leaflet.

Low Residue food you can eat	**High Fibre foods to avoid**
Cornflakes. Rice Crispies, Sugar puffs, Coco Pops **(without milk)**	Wholemeal, wholegrain bran or high fibre cereals, porridge and muesli
White bread (with butter/margarine)	Bread- wholemeal, high bran, granary, high fibre or half wholegrain
White rice and pasta	Wholemeal pasta or brown rice
Peeled potatoes	Potatoes with skin on and vegetable peels
Chicken, turkey, fish, cheese and eggs	Red meats, Nuts and seeds
Clear soup	Beans, Lentils and chickpeas
Jelly (NOT RED OR PURPLE), Ice cream	Fruit- fresh, frozen, cooked, dried
Plain biscuits such as rich tea, custard creams	Cereal bars, digestive biscuits, biscuits with bran.
Clear drinks allowed	**Drinks to avoid**
Water Tea and/or coffee **without** milk Soft Drinks Fruit juices without pulp	Alcohol Milk Any red or purple drink Drinks containing pulp

1 Day before your appointment

The laxatives (moviprep) are needed to clean your bowel so the endoscopist can have a clear view of the bowel lining. If the bowel is not clean then there is a chance something could be missed or the procedure is abandoned. You **must** take all of the moviprep you received.

The instruction for taking the moviprep are different whether you have a morning appointment (From 7am) or an afternoon appointment (From 12 noon). Please see the tables in this leafletfor instructions depending on your appointment time:

Morning appointment

Day before your appointment	
7am	Have a light breakfast **avoiding** foods from the list provided above.
8am	**Stop eating solid foods** from now until after your colonoscopy. You can continue to drink clear fluids from the list provided above.
12 noon	**Make up the first moviprep solution**. Open up one clear bag and remove sachets A and B. Add the contents of both sachets to 1 litre of lukewarm water and stir until all powder is dissolved. Adding cordial (avoiding red or purple cordial) and chilling the mixture in a refrigerator may make it taste better
1pm	**Start drinking the moviprep**. Drink a glassful every 15 minutes until it is finished. Try and drink it quickly if you can. Drinking through a straw may make it easier. If you experience severe stomach pain or vomiting, take the Moviprep more slowly (one glass every 30 minutes) until these feelings stop. If they continue please seek medical advice from your GP or Endoscopy unit. **It is essential to drink all of the mixture.**
6pm	**Make up the second litre of moviprep** following the same instructions as before. **Start to drink at 7pm.**
On the day of your procedure stop drinking clear fluids **2 hours** before your appointment time.	

Afternoon Appointment

Day before your appointment	
12 noon	Have a light lunch **avoiding** foods from the list provided above.
1pm	**Stop eating solid foods** from now until after your colonoscopy. You can continue to drink clear fluids from the list provided above.
5pm	**Make up the first moviprep solution**. Open up one clear bag and remove sachets A and B. add the contents of both sachets to 1 litre of luke warm water and stir until all powder is dissolved. Adding cordial (avoiding red or purple cordial) and chilling the mixture in a refrigerator may make it taste better
6pm	**Start drinking the moviprep**. Drink a glassful every 15 minutes until it is finished. Try and drink it quickly if you can. Drinking through a straw may make It easier. If you experience severe stomach pain or vomiting, take the moviprep more slowly (one glass every 30 minutes) until these feelings stop. If they continue please seek medical advice from your GP or Endoscopy unit. **It is essential to drink all of the mixture.**
On the day of your procedure	
7am	**Make up the second litre of moviprep** following the same instructions as before. **Start to drink at 8am**
Stop drinking clear fluids **2 hours** before your appointment time.	

Remember to drink clear fluids from the list provided to avoid dehydration

If you have a colostomy, please contact your stoma nurse specialist before starting your bowel preparation to obtain drainable stoma bags. Please allow enough time for the bags to be delivered or collected before you begin your bowel preparation.

If you have an afternoon appointment and need to travel a longer distance to the hospital, you may follow the morning appointment instructions instead. This will allow the bowel preparation to work fully and clear your bowels before you set off on your journey. This would require a longer fasting period.

Keep close to the toilet as the moviprep will give you diarrhoea. It can start within 30 minutes but sometimes can take longer. Expect the effects to last up to 6 hours or more.

Contact Numbers

Dumfries and Galloway Royal infirmary – **01387 246246 (Ask for Patient bookings, Endoscopy Department or Day Surgery)**

Galloway Community Hospital – **01776 707707**

Scan me! For more information on our endoscopy website.

If you need this information in a different language or format, please contact Patient Services via email: dg.patient-information@nhs.scot