



HOW TO PREPARE YOUR BOWEL FOR COLONOSCOPY WITH MOVIPREP

Please observe the following instructions carefully if you have an AFTERNOON APPOINTMENT

➤ SEVEN DAYS BEFORE YOUR TEST: STOP TAKING IRON TABLETS

You must begin a modified diet THREE days before your test

A modified diet is a *Low Residue* diet - only eat foods from the following list:

- Boiled /steamed / grilled fish or chicken, tuna, soya products, tofu.
- Eggs, cheese, white bread, pitta bread, plain biscuits, bagels, pancakes, waffles, pastries, butter / margarine, rice krispies, corn flakes.
- Potatoes (no skins), white rice, white pasta, white noodles.
- Plain ice-cream (without nuts), jelly (no jam/ preserves) plain yoghurt.

Do not eat any high fibre foods example: all fruit, all vegetables, nuts, pulses, oats (porridge) bran, granola, grains, wholemeal breads, brown rice, brown pasta, fruit yoghurt.

Vegans/Vegetarians: vegan yoghurt/ vegan cheese, soya products, tofu.

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The day before your test

The day before your procedure please follow the below instructions:

- Have a breakfast and lunch meal that includes foods **only** from the **Low Residue** diet list above
- After lunch **do NOT eat any solid food** until after your examination is complete.
- You can drink as much clear fluid as possible.
- Clear fluids include water, soft drinks, black tea and coffee (without milk), bovril.
- Please do NOT drink milk or milk based drinks.
- At **7pm** begin drinking the first litre of Moviprep as outlined below. Please follow the instructions carefully. **The more clear fluids you drink, the better your bowel preparation will be.**

Instructions for taking Moviprep – THE DAY BEFORE YOUR PROCEDURE

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1. A box of Moviprep contains **two sealed bags** with an **A and B** sachet in each bag.
2. Measure out **1 Litre** (1½ pints) of water into a jug or other suitable container.
3. **Pour** the contents of sachet **A & B** into the **1 litre of water** and stir until dissolved.
4. To improve the taste, chill the solution in the refrigerator before drinking.
5. You can add cordial to the solution if you wish to improve the taste, do NOT use Blackcurrant.
6. At **7pm** start to drink the first litre of Moviprep solution, drink it over 1-2 hours.
7. You will have lots of watery bowel movements, so stay near a toilet because you may need to use it urgently. If you get a bloated or uncomfortable feeling, please drink the solution more slowly.
8. Once the first litre of Moviprep is finished, drink an additional 500mls of water.
9. Allow 2 hours for Moviprep to work after finishing the first litre, before going to bed.

THE DAY OF YOUR PROCEDURE

Instructions for taking Moviprep – THE DAY OF YOUR PROCEDURE.

1. At **6 am** begin preparing the second sachets of A&B of Moviprep by following the above **steps 2-5**.
2. Start to drink this second litre of Moviprep solution, followed by an additional 500mls of water.

Remember do not eat anything. Do not drink any fluids after 8am

Failure to follow these instructions may result in the requirement for your procedure to be repeated.