



## ST. JAMES'S HOSPITAL ENDOSCOPY UNIT



### HOW TO PREPARE YOUR BOWEL FOR COLONOSCOPY WITH MOVIPREP

**Please observe the following instructions carefully if you have a MORNING 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.
- 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.

**\*Drink at least 2 litres of clear fluid each day\***

**Drink at least 2 litres of clear fluid each day** e.g. Water, soda/tonic water, 7-up, squash, Bovril, tea or coffee with a little milk added.

#### **The day before your test**

**The day before your procedure please follow the below instructions:**

- At **9 am**, have a breakfast meal that includes foods **only** from the ***Low Residue*** diet list above.
- After breakfast do **NOT** eat any solid foods but drink as much clear fluid as possible.
- Clear fluids include water, clear soft drinks, black tea and coffee (without milk), Bovril.
- Please do **NOT** drink milk or milk based drinks. Do **NOT** eat solid food from now until the examination is complete.
- At **5 pm** 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**

**Instructions for taking Moviprep – THE DAY BEFORE YOUR PROCEDURE.**

1. A box of Moviprep contains two sealed bags with an A and B sachet in each bag.
2. Measure out 1 Litre (1¾ pints) of water into a jug or other suitable container.
3. Pour the contents of sachet A & B into the 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, please do **NOT** use Blackcurrant.
6. At **5 pm** 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. At **8pm** begin preparing the second sachets of A&B of Moviprep by following the above **steps 2-5**.
10. Start to drink this second litre of Moviprep solution over 1-2 hours.
11. You can continue to drink clear fluids up to 12 midnight.

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