

Moviprep - 2 dose bowel cleansing

If your appointment is in the MORNING, follow the instructions below

The following instructions are for appointments between **8am and 12 noon only** – please check your appointment time.

How to take MOVIPREP

It is essential you take the two doses of the medication provided according to the following instructions (rather than the manufacturer’s leaflet). A suggested timetable for food and medication has been provided to maximise the success of the procedure and reduce the amount of side effects experienced.

Moviprep is a two dose treatment. The pack contains four sachets: Two ‘Sachet A’s’ and two ‘Sachet B’s.’

To make one dose, mix one ‘Sachet A’ with one ‘Sachet B’ in 1 litre of water. Stir until the powder is completely dissolved and the solution is clear or slightly hazy, this may take up to five minutes. You may add cordial to improve the taste (not blackcurrant).

Each dose (1 litre) of Moviprep should be drunk slowly over a period of 2 hours. There is no need to rush, a glass (250mL) every 30 minutes is sufficient. You should also drink an additional 500mL of water or clear fluids with each litre of Moviprep taken.

REMEMBER KEEP HYDRATED - DRINK ONE CUP OF WATER (250mL) EVERY HOUR

Suggested routine to follow on the day before your procedure

Breakfast 7-8am	Eat breakfast as normal, avoiding high fibre foods, fruits and vegetables. You may have milk and dairy products for breakfast. This will be the last solid meal until after your procedure.
9am	From this time onwards, DO NOT EAT ANY SOLID FOOD , your bowel needs to be completely empty for your procedure. You can drink clear soups, soft drinks and black tea or coffee with sugar if you wish.
Lunch	You can have clear soups such as Bovril or Oxo. Remember to continue to drink plenty of clear fluids throughout the day.
5pm	Make your first 1 litre dose of Moviprep and drink over a period of 1 to 2 hours. Remember to drink an additional 500mL of water following this dose.
8-9pm	Make your second 1 litre dose of Moviprep and drink over a period of 1 to 2 hours. Remember to drink an additional 500mL of water following this dose.
11pm	Once your bowels are empty and you have stopped going to the toilet, go to bed. This is normally about 2 hours after you finish the Moviprep.

Suggested routine to follow on the day of your procedure

The day of your procedure	DO NOT EAT ANYTHING. Remember to continue to drink plenty of clear fluids (one cup every hour), until an hour before your appointment time. Leave home in time for your hospital appointment.
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Possible Side Effects

Everybody responds differently to bowel cleansing. We advise you to remain in easy reach of a toilet as Moviprep causes multiple, often urgent bowel movements. Moviprep can start working quickly and watery bowel movements are normally seen for at least two hours, however the effects can last a lot longer.

Moviprep may make you feel nauseated or sick, feel tired, have abdominal bloating or cramps. The lack of solid food in combination with the Moviprep can trigger nausea. We suggest you drink plenty of clear fluid to help prevent this. The frequent bowel movements can cause anal irritation.

Occasionally an allergic reaction can occur, with or without a rash, if you experience this please seek medical advice.

Women taking the oral contraceptive should be aware that taking bowel preparation might prevent the absorption of the pill. Additional contraceptive precautions should be taken until the next period begins.

Moviprep - 2 dose bowel cleansing

NHS Trust

If your appointment is in the AFTERNOON, follow the instructions below

The following instructions are for appointments between **12 noon and 6pm only** – please check your appointment time.

How to take MOVIPREP

It is essential you take the two doses of the medication provided according to the following instructions (rather than the manufacturer's leaflet). A suggested timetable for food and medication has been provided to maximise the success of the procedure and reduce the amount of side effects experienced.

Moviprep is a two dose treatment. The pack contains four sachets: Two 'Sachet A's' and two 'Sachet B's.'

To make one dose, mix one 'Sachet A' with one 'Sachet B' in 1 litre of water. Stir until the powder is completely dissolved and the solution is clear or slightly hazy, this may take up to five minutes. You may add cordial to improve the taste (not blackcurrant).

Each dose (1 litre) of Moviprep should be drunk slowly over a period of 2 hours. There is no need to rush, a glass (250mL) every 30 minutes is sufficient. You should also drink an additional 500mL of water or clear fluids with each litre of Moviprep taken.

REMEMBER KEEP HYDRATED - DRINK ONE CUP OF WATER (250mL) EVERY HOUR

Suggested routine to follow on the day before your procedure

Breakfast	Eat breakfast as normal.
Lunch 12noon	Eat lunch, avoiding high fibre foods, fruits and vegetables. You may have milk and dairy products. This will be the last solid meal until after your procedure.
1pm	From this time onwards, DO NOT EAT ANY SOLID FOOD , your bowel needs to be completely empty for your procedure. You can drink clear soups, soft drinks and black tea or coffee with sugar if you wish.
Teatime 5pm	You can have clear soups such as Bovril or Oxo. Remember to continue to drink plenty of clear fluids throughout the day.
7pm	Make your first 1 litre dose of Moviprep and drink over a period of 1 to 2 hours. Remember to drink an additional 500mL of water following this dose.
10pm	Once your bowels are empty and you have stopped going to the toilet, go to bed. This is normally about 2 hours after you finish the Moviprep.

Suggested routine to follow on the day of your procedure - Remember **DO NOT EAT ANYTHING.**

6am	Make your second 1 litre dose of Moviprep and drink over a period of 1 to 2 hours. Remember to drink an additional 500mL of water following this dose.
Later	You will have watery bowel movements for up to 2 hours after finishing your Moviprep, allow plenty of time for your bowels to empty before leaving for your appointment. Remember to continue to drink plenty of clear fluids, one glass (250mL) every hour, until an hour before your appointment time.

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