



# **Bowel Preparation for Colonoscopy using Moviprep**

HEPATOLOGY



**GASTROENTEROLOGY**

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**PROCEDURE DATE:**

**PROCEDURE DAY:**

**AT:**

**PRESENT TO:**

St Andrew's Hospital Day Admission Unit

St Vincent's Hospital Entrance 4

**Start the "Modified Diet" 3 days before colonoscopy on.....**

**MORNING LIST:**

The day before your colonoscopy on ..... make up your Moviprep and follow the schedule below.

12.00 midday:

This is the last time you can eat solid food so make sure you have a light snack (choosing from the "Modified Diet" list). No further solid food is to be eaten until after the procedure.

2.00pm:

Prepare your first 1 litre of Moviprep as instructed on packet.

4.00pm:

Start consuming the Moviprep over 1 ½ hours plus 2 glasses (500mls) of recommended fluids. It is important to finish both the Moviprep and 500mls of recommended fluids.

6.00pm:

Prepare second 1 litre of Moviprep.

8.00pm:

Start consuming prep and recommended fluids as before.

9.00pm:

The diarrhoea has usually started by now and may continue for several hours. Apply lanolin or Vaseline to the skin around the back passage to reduce skin irritation. Drink an extra 1-2 litres of "Recommended Fluids" before you go to bed tonight. The following morning continue to drink plain water till 2 hours before presenting to Entrance 4 (Day Surgery).

**MORNING SPLIT PREP:**

12.00 midday:

This is the last time you can eat solid food so make sure you have a light snack ("Modified Diet"). No further solid food is to be eaten until after the procedure.

2.00pm:

Prepare your first 1 litre of Moviprep as instructed on packet.

4.00pm:

Start consuming the Moviprep over 1 ½ hours plus 2 glasses (500mls) of recommended fluids. It is important to finish both the Moviprep and 500mls of recommended fluids.

6.00pm:

The diarrhoea has usually started by now and may continue for hours. Apply Lanolin or Vaseline to the skin around the back passage to reduce skin irritation. Continue to drink 1 litre of "Recommended Fluids" before midnight.

**The day of the colonoscopy:**

5.00am:

Drink the second 1 litre of Moviprep quickly followed by 2 glasses (500mls) of "Recommended Fluids" over the next hour.

6.00am:

Drink one more litre of "Recommended Fluids" over 30 minutes.

7.00am:

Take no further food or fluids except plain water until after the procedure. Continue to drink plain water up until 2 hours before presentation to Entrance 4 (Day Surgery).

**AFTERNOON LIST:**

The day before your colonoscopy on ..... make up your Moviprep and follow the schedule below.

12.00 midday:

This is the last time you can eat solid food so make sure you have a light snack (choosing from the "Modified Diet" list). No further solid food is to be eaten until after the procedure.

4.00pm:

Prepare your first 1 litre of Moviprep as instructed.

6.00pm:

Start consuming the Moviprep over 1 ½ hours plus 2 glasses (500mls) of recommended fluids. It is important to finish both the Moviprep and 500mls of recommended fluids.

8.00pm:

The diarrhoea has usually started by now and may continue for hours. Apply lanolin or Vaseline to the skin around the back passage to reduce skin irritation. Continue to drink 1 litre of "Recommended Fluids" before midnight. The second 1 litre of Moviprep can be made up and refrigerated ready for the morning.

**The day of the colonoscopy**

6.00am:

Start consuming your second 1 litre of Moviprep plus 2 glasses (500mls) of recommended fluids over the next 1 ½ hours.

7.30am:

Drink one more litre of "Recommended Fluids" over 30 minutes.

8.00am:

Take no further food or fluids except plain water until after the procedure. Continue to drink plain water (1-2 glasses/hour) up until 2 hours before presentation to Entrance 4 (Day Surgery).

## Contents

Each Moviprep bowel kit contains 2 clear bags each containing 2 sachets marked A & B.

## Preparation of Moviprep

Stock your pantry with items from the “Recommended Fluids” list ready to take when the bowel preparation begins the day before the procedure.

1. Open 1 clear bag and remove sachets A and B.
2. Empty the contents of both sachets into empty jug.
3. Add 1 litre of water (not chilled).
4. Stir the solution until the powder has dissolved and the Moviprep solution is clear.  
This may take up to 5 minutes. You may chill the Moviprep before drinking.

## Timing of the Bowel Preparation and Modified Diet

In the three days before the colonoscopy you will be asked to adhere to a “Modified Diet”. The details of the diet are over the page but in simple terms we want you to exclude seeds and high fibre foods. These foods contain insoluble fibre which is not absorbed by the body and more bowel preparation is required to flush them out of the large bowel.

On the day before the colonoscopy you will be asked to start taking the Moviprep. Your exact start timetable is listed over the page. These medications usually cause profuse watery diarrhoea between 1-4 hours of starting the preparation and in some people this diarrhoea will continue for 12 hours.

It is vital that you drink at least 500mls of the “Recommended Fluids”, which are listed over, with each litre of Moviprep bowel preparation. Vary the type of fluids you drink both salty and sweet and the more the better.

## Taking the prep

Begin with Moviprep but the recommended fluids can be interspersed with the prep if preferred. It is important to finish both Moviprep and recommended fluids (500mls).

Improving your sense of wellbeing during the bowel preparation

You may feel “chilled”, particularly in winter, after drinking the preparation which removes body heat as it passes through your body. You may find it helpful to drink hot fluids and wear warmer clothing. The more “Recommended Fluids” you can drink the less likely you are to experience headache, nausea and faintness. Walk around to reduce the feeling of bloating and fullness. Abdominal massage may also help.

## How will I know if the bowel is clear?

When the bowel is clear your bowel motions will look like concentrated urine with no solid particles present. If your bowel is not clear despite taking all the bowel preparation then drink another 1-2 litres of “Recommended Fluids”. If your bowel is still not clear tell the staff at the Day Surgery Facility when you arrive. You may need an enema in the Day Surgery Unit.

## Does it matter if the bowel is not clear?

If your bowel lumen is clean it is easier to navigate around the bowel loops and the procedure is safer. If the bowel wall is clean, lesions such as polyps can be identified with greater accuracy.

## THE "MODIFIED DIET"

- NO fibre supplements (such as Metamucil or psyllium)**
- NO wholemeal or multigrain bread, buns and muffins**
- NO breakfast cereals**
- NO seeds (poppy , sesame, pumpkin)**
- NO passionfruit, Kiwi fruits, watermelon or grapes**
- NO celery, carrot or tomato solids.**
- NO dark coloured jellies or cordials**

Eat anything else you like! If the food is not on this list you are free to take it.

## THE "RECOMMENDED FLUIDS"

Ensure you drink a variety of fluids during the bowel preparation in order to replace not only the water you are losing but also the salts and to provide energy while you are not eating regular food.

<b>WATER</b>	<b>LEMONADE</b>	<b>BONOX</b>
<b>BLACK TEA</b>	<b>APPLE JUICE</b>	<b>BEEF CONSOMME</b>
<b>SODA WATER</b>	<b>1/2 STRENGTH SPORTS DRINKS</b> (eg light coloured Gatorade, Powerade)	<b>CHICKEN NOODLE SOUP (strained)</b>
<b>MINERAL WATER</b>	<b>LEMON CORDIAL</b>	
	<b>JELLY (light coloured)</b>	
	<b>GINGER ALE</b>	

## "FASTING"

You will be asked to "fast" for an upper endoscopy (gastroscopy) and lower endoscopy (colonoscopy). "Fasting" in this context means that you should not take any food, bowel preparation fluid or "Recommended Fluids" that are not plain water for 6 hours before your procedure starts.

However it is important to maintain adequate hydration for these endoscopic procedures.

You must continue to drink plain water up to 2 hours before presenting to the Day Surgery Facility (or in other words 3 hours before the start of your procedure).

It is recommended to drink 1-2 glasses of water per hour in this time period.