Bowel preparation instructions for sigmoidoscopy using MOVIPREP – afternoon procedure

This leaflet is for patients who are having a sigmoidoscopy with a bowel preparation called MOVIPREP.

These are instructions that will show you how to take MOVIPREP in preparation for your sigmoidoscopy procedure. You are also advised to read any patient information leaflet provided by the manufacturer. Please follow the times to take the preparation included in these instructions and not those provided by the manufacturer.

What is MOVIPREP?

MOVIPREP is a strong laxative that you need to take before your sigmoidoscopy. It is powder which you must mix with water and drink.
MOVIPREP will give you diarrhoea so you should stay close to a toilet once you have taken it.

What are the benefits of MOVIPREP?

Taking MOVIPREP will empty your bowel so that the lining can be examined properly during your sigmoidoscopy.

What are the risks of taking MOVIPREP?

The risk of taking MOVIPREP is that it can cause side effects such as nausea (feeling sick), vomiting, diarrhoea, bloating, abdominal (tummy) pain, sleep disturbance and anal irritation. Applying a barrier cream such as zinc and castor oil can help soreness on the bottom. Vomiting and diarrhoea can lead to fluid loss (dehydration) with dizziness, headache and confusion if you do not have enough fluid and salt to replace what has been lost. If you feel unwell while taking MOVIPREP, please contact your GP. If your symptoms are severe please go to A&E or call 999 in an emergency.

What are the risks of not taking MOVIPREP?

If you do not take MOVIPREP correctly, your bowel will not be cleansed enough to ensure a safe and effective examination, which may mean we need to cancel your procedure.

Are there any alternatives to taking MOVIPREP?

There are alternative types of laxative available but these have the same effect. MOVIPREP is the one we recommend. If you are concerned about taking MOVIPREP, you can contact the endoscopy unit.

Before taking MOVIPREP

Please let the doctors or nurses know about the medication that you are taking before you take MOVIPREP.

If you take diabetic tablets or insulin and have not received a diabetic leaflet or you are on tablets that thin the blood such as warfarin, rivaroxaban, dabigatran, clopidogrel/Plavix, prasugrel, ticagrelor or apixaban, please contact the doctor who referred you before you take the MOVIPREP.
If you take contraceptive pill, you should take another type of contraception for the week following taking the MOVIPREP.

Seven days before the test

You need to stop taking tablets containing iron.

Three days before the test

You need to follow a low residue diet for at least three days before the test to help your bowel empty properly for the sigmoidoscopy. A low residue diet is made up of foods that are easy to digest and avoids foods that are high in fibre.

Food Type	Foods to include	Foods to avoid
Meat/fish	Minced or well cooked - lean beef, lamb, ham, veal, pork, poultry, fish, shellfish.	
Fruit / vegetables	Potatoes - boiled, creamed, mashed or baked (no skins).	All fruit and vegetables
Pasta / rice	Plain macaroni, spaghetti, noodles. Plain boiled white rice.	Wholemeal pasta or spaghetti. Brown rice, vegetable rice.
Cereals / bread	Cornflakes, crisped rice. White bread, plain teacakes and plain rolls	Weetabix, Bran Flakes, muesli. Wholemeal, oatmeal or granary bread. High fibre white bread. Fruit teacakes or rolls with seeds or oats on top
Biscuits / pastries / puddings	Plain biscuits and crackers. Plain sponges, white flour, plain scones, plain pancakes, plain muffins. Jelly (not red coloured), plain yogurts. Yorkshire puddings	Wholemeal crackers, bran biscuits, digestives, oatcakes and fruit biscuits. Wholemeal flour, fruitcake, cakes with seeded jam fillings, wholemeal / fruit scones. Fruit, nut or muesli yoghurts
Other	Soft cheese, cottage cheese, cheese sauce. Eggs, clear soup, vinegar, mustard, herbs, Worcester sauce, sweets, sugar, seedless jam / marmalade, honey, golden syrup, treacle, lemon curd, margarine.	Pickles, chutney, thick vegetable / lentil soup, jam / marmalade with skins or pips

Clear fluids

Once your bowel preparation has started, you can have:

- Water
- black tea or black coffee
- consommé
- clear or strained soup
- cola, lemonade or other fizzy drinks in small quantities
- strained, diluted, smooth fruit juices
- squash
- yeast or beef extract drinks, such as Bovril

If you have any questions or concerns about taking the MOVIPREP please contact the Endoscopy department where you are having your investigation:

Huddersfield Royal Infirmary Endoscopy Unit: 01484 355868
Calderdale Royal Hospital Endoscopy Unit: 01422 223920

How to Prepare MOVIPREP

1) Each box of MOVIPREP contains 2 sealed bags.

2) Each sealed bag contains 1 x 'sachet A' and 1 x 'sachet B'

3) Pour 1 x sachet A and 1 x sachet B into a jug.

4) Make-up to 1 litre with water (not chilled).

5) Stir until dissolved.

6) Drink one glassful (250ml) of the MOVIPREP every 15 – 30 minutes until it is finished (over 1-2 hours).

The day before your examination

Day before procedure You may have a light breakfast before 10am, after this you must eat no solid food until after your procedure and you can only drink clear fluid (see above).

7 pm

Fill a jug with 1 litre of water and add a pair of sachets – one sachet A and one sachet B as above, drink these over 1-2 hours.

Day of procedure

6am - Fill a jug with 1 litre of water and add the second pair of sachets – one sachet A and one sachet B as above, drink these over 1-2 hours.
(**Tips**-put made up MOVIPREP in fridge/ add light coloured cordial. Drink through a straw - **DO NOT** add red or purple coloured drinks).

After each litre you should drink an additional 500mls of clear fluid to prevent you becoming dehydrated. Clear Fluids-water, dilute cordial, black tea/coffee, Bovril, Oxo, clear soup.

Summary

- Do not eat anything after breakfast on the day before your sigmoidoscopy until after your hospital appointment;
- Take one litre of MOVIPREP the night before your sigmoidoscopy procedure;
- To prepare one litre of MOVIPREP: pour the contents of one sachet A and one sachet B into a jug, make up to one litre with water (not chilled);
- Drink an additional 500 ml of water or clear fluids with each sachet of MOVIPREP taken;
- If you take any oral medication, do not take it an hour either side of drinking your dose of MOVIPREP
- Stay near a toilet. The bowel movement will be watery like diarrhoea.
- Use a barrier cream for example Vaseline to protect the skin around your anus (bottom).

Always read the label. It is extremely important to complete your bowel preparation fully as instructed because your doctor will need to have a clear view of the inner lining of your bowel.

If you do not follow these instructions, it will not be possible for us to do the sigmoidoscopy test