

Patient information leaflet: **MOVIPREP - Bowel Preparation**

This leaflet has been written for patients of BMI The Alexandra Hospital. The information in this leaflet is provided as additional information for you. It is important that you also read the information sheet that is provided with your medication.

The Day Before Your Examination

- Do not eat anything after 9am (after breakfast).
- Do not eat again until after your examination.



9am (after breakfast)

- Following breakfast, even if you feel hungry, do not eat anything after 9am, because your bowel must be completely empty for the examination.
- You can have clear soup, soft drinks or black coffee or tea (without milk). Add sugar if you like.
- All your drinks must be clear because then you know there is no fibre in them.

1pm

- At about 1pm, make up your first litre of MOVIPREP (sachets A and B) and drink it over 1-2 hours.
- Have a rest for two hours.
- **It is important to drink an additional 500ml of water or clear fluid with each litre of MOVIPREP during the evening.**

6pm

- At around 6pm, make up your second litre of MOVIPREP (sachets A and B) and drink it over 1-2 hours.
- **It is important to drink an additional 500ml of water or clear fluid with each litre of MOVIPREP during the evening.**
- Allow two hours for MOVIPREP to work after finishing the second litre.
- You can go to bed when you stop going to the toilet (for example 11pm).

The Day of your Examination

- Remember, do not eat anything.
- Leave home in good time for your hospital appointment.



For Your Breakfast (on the day before your procedure)

Whilst a low fibre diet is not essential for patients using MOVIPREP, for the best results in cleansing, the following dietary approach is advised. Eat foods which are low in fibre. Avoid high fibre foods.

Low fibre foods which are allowed	High fibre foods which should be avoided
Eggs, white meat such as chicken (skinless), grilled or poached fish, cheese, tofu	Breakfast cereals
White bread/toast/butter/margarine, croissants, pasta, rice, boiled or mashed potatoes	Bacon, sausages, black/white pudding, red meat and pies
Water, fizzy drinks, fruit squash (NOT blackcurrant)	Fruit
Tea, coffee, clear soups	Nuts and pulses including baked beans
Ice cream, custard, boiled sweets	Any vegetables, fruit or salad
Shredless marmalade	Wholemeal or brown bread, puddings containing fruit or nuts, cakes and biscuits
	Yoghurts
	Potato skins or chips, wholemeal pasta, brown rice

How To Prepare and take 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.



5. Stir until dissolved.



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

You should also drink an additional 500ml of water or clear fluids with each litre of MOVIPREP taken.

Key points to remember

- Do not eat anything after breakfast on the day before your examination until after your hospital procedure.
- Take 2 litres of MOVIPREP the night before your procedure.
- To prepare a 1 litre of MOVIPREP pour the contents of one sachet A and one sachet B into a jug, make up to 1 litre with water (not chilled).
- Drink an additional 500ml of water or clear fluids with each litre of MOVIPREP taken.
- If you are taking any oral medicine, do not take it an hour either side of drinking your dose of MOVIPREP.

After you drink MOVIPREP you will have lots of watery bowel movements, so stay near a toilet because you may need to use it urgently.

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 the bowel.

For full details, please refer to the instructions provided with your box of MOVIPREP.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed on this patient information leaflet or in the package leaflet. You can also report any side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard

By report side effects, you can help to provide more information on the safety of this medicine.

Who are we?

The Manchester Haemorrhoid Centre provides a comprehensive, expert diagnostic and treatment service for a wide aspect of surgical procedures. From minor surgery to fibre-optic endoscopy, bowel cancer surgery, advanced keyhole 'laparoscopic' surgery and ground-breaking treatment for haemorrhoids and colorectal disorders, our team are highly experienced and leaders in their field.

Find Out More

Based at BMI The Alexandra Hospital, The Manchester Haemorrhoid Centre provides a comprehensive diagnostic and treatment service for haemorrhoids and other colorectal disorders. To find out more about your treatment options or to make a self-referral, please telephone us on **0161 495 7046** or email gabriella.rocco@bmichoice.co.uk to speak to a member of our team.