



Instructions for MOVIPREP bowel preparation

Information for patients from the Trust's Endoscopy Units

Please follow these instructions carefully

- Your colon must be emptied completely of stool, so that your doctor can get a clear view of the lining of your bowel. If your bowel preparation is poor the procedure will be abandoned or an unsatisfactory result will be recorded as “unable to see clearly” and the test may need to be repeated.
- It is advised that you change your diet three days before your procedure to a low fibre diet (see next page for ways to change your diet) as fibre takes too long to clear through the system. It is advised that you drink three litres of fluid a day (unless stated due to medical conditions) to make sure your stools are soft and to help avoid constipation.
- Please follow the instructions on the enclosed card on how to take the enclosed MOVIPREP and read the manufacturers patient information leaflet. It is important that you follow the bowel preparation instructions completely and drink all of the medication and the additional 500mls of clear fluid with each litre of MOVIPREP.
- MOVIPREP can be chilled after mixing and some people find it easier to drink through a straw. Cordial (but not red or purple coloured) can be added to the MOVIPREP to slightly disguise the flavour.
- Remember to stay near to a toilet once you start drinking the MOVIPREP and place some barrier cream on your bottom to prevent it getting sore, as the medication will give you diarrhoea.
- If you are taking oral medication do **not** take it an hour either side of drinking the bowel medication, as you will flush it through your system. Oral contraceptive, for example the pill, may not work whilst you are taking the bowel preparation therefore we would advise that you use an alternative contraception.



- Take any essential medication with a small amount of water - these include blood pressure, epilepsy, steroid, and heart medication. However, certain medication may need to be stopped or changed before your procedure such as blood thinning medication, iron tablets, fibre supplements, and diabetic medication. If you are unsure which medications to stop, please contact the endoscopy unit (contact details on next page).
- If you are also having a Gastroscopy you must have nothing to drink two hours before your appointment time.

Three days before your test please make changes your diet

Food to eat	Food not to eat	Menu suggestions
Eggs (boiled, scrambled, fried, and poached)	Fruit	Fish pie
Milk	Vegetables	Ham and cheese ciabatta
Any cheese – except those that contain fruit	Red meat	Chicken curry with white rice (no vegetables)
Chicken	Nuts or seeds	Grilled pork with mash potatoes
Pork	Pulses (for example kidney beans and baked beans)	Roast chicken/pork with roast potatoes and gravy
Ham or salami	Brown rice	Cheesy scrambled eggs on white toast
Fish/shellfish	Cereals (Weetabix, Shreddies, Alpen, Bran)	Omelette with cheese and ham
Potatoes with skins off	Brown bread	Yoghurts (plain)
White rice	Jams/marmalades	
White bread, and rolls, bagels, naan, and ciabatta		
Marmite, Bovril		
Butter/margarine		

Only drink clear fluids (any fluid you can see through with no bits) - water, herbal tea, black tea, black coffee, fizzy drinks, clear soups, cordials/squash (not red or purple coloured), and clear fruit juice.

Contact details

If you have any questions about taking MOVIPREP please contact one of the endoscopy units, which are open Monday to Sunday 8am to 6pm.

- **William Harvey Hospital**, Ashford
Telephone: 01233 616274
- **Kent and Canterbury Hospital**, Canterbury
Telephone: 01227 783058
- **Queen Elizabeth the Queen Mother (QEQM) Hospital**, Margate
Telephone: 01843 234370

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If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145, or email ekh-tr.pals@nhs.net

Further patient leaflets are available via the East Kent Hospitals web site www.ekhufft.nhs.uk/patientinformation