

Bowel preparation with Moviprep
Morning Appointment

On the day before your appointment:

You may eat a light breakfast and snacks up until 12 noon.

Do not eat any more food or anything with milk until after the colonoscopy but you may continue to drink freely any clear fluids, including clear soup.

At 12 noon you should mix up the first litre of your bowel preparation* (Moviprep) and begin to drink it. It has a citrus flavour, but if you may flavour it yourself.

Drink the full litre of prep over the next hour or two, followed by at least another litre of clear fluid over the next two hours.

At 6pm mix up the second litre of bowel preparation (*). **Drink this litre over the next hour or so, followed by as much clear fluid as you wish.** The effects should wear off over the next few hours so by 10pm you should be "safe" to go to bed.

You may drink clear fluids at any time up until the colonoscopy itself, i.e. squashes, cordials (avoid blackcurrant please), but no drinks with 'bits' or milk in. You may also wish to flavour the Moviprep with squash or cordial (not blackcurrant).

(*) Inside the box of Moviprep you will find **two** clear plastic bags which **both** contain:

One sachet labelled **A** and one sachet labelled **B**.

To mix one litre of Moviprep:

Open **one** of the clear plastic bags and remove sachet **A** and **B**. Empty both sachet **A** and **B** into an **empty** 1 litre jug. Then add **1 litre** of water and stir until mixed. Leave to stand for a few minutes before beginning to drink.

Remember that Moviprep can be flavoured with squash or cordial, according to taste but not blackcurrant.

University Hospital Birmingham
Bowel preparation with Moviprep

Afternoon Appointment

On the day before your appointment:

You may eat breakfast, and a light lunch at 12noon (ie soup & sandwich)
Do not eat any more food or anything with milk until after the procedure but you may continue to drink freely clear fluids including clear soup.

An hour after your snack you should mix up the first litre of your bowel preparation* (Moviprep) and begin to drink it. It has a citrus flavour, but if you may flavour it yourself.

Drink the full litre of Moviprep over the next hour or two, follow this with at least another 2 litres of clear fluids over the evening.

You may drink clear fluids at any time up until the procedure itself, i.e. squashes, cordials (avoid blackcurrant please), but no drinks with 'bits' or milk in. You may also wish to flavour the Moviprep with squash or cordial (not blackcurrant).

The effects should wear off over the next few hours so by 10pm you should be "safe" to go to bed.

On the day of the appointment:

At 8.00am, mix up the second litre of Moviprep and drink it over a period of an hour or two. In between the glasses of Moviprep, continue to drink as much extra clear fluid as you can up until the appointment.

Remember no more solid food or milky drinks until after the procedure.

(*) Inside the box of Moviprep you will find **two** clear plastic bags which **both** contain:
One sachet labelled **A** and one sachet labelled **B**.

To mix one litre of Moviprep:

Open **one** of the clear plastic bags and remove sachet **A** and **B**. Empty both sachet **A** and **B** into an **empty** 1 litre jug. Then add **1 litre** of water and stir until mixed.

Remember that Moviprep can be flavoured with cordials or squashes according to taste but not blackcurrant.

If you follow the instructions above, you should be passing only clear liquid from your back passage before you come to your appointment.

KLEANPREP

No food 2 hours before starting Klean Prep up until the procedure is completed.

Dissolve each sachet of Klean Prep into 1 litre of water making a total volume of 4 litres.

MORNING APPOINTMENT

Day before- At 3pm take 250ml of Klean Prep every 15 minutes which will take 4 hours to drink.

Alongside this it is advised for you to drink as much clear fluid as possible (please see below for details)

You may have clear fluids up until 1 hour before your procedure time.

AFTERNOON APPOINTMENT

Evening before- At 5pm drink 2 litres of Klean Prep- this will be equivalent to 250ml every 15 minutes for 2 hours.

Morning of Procedure- At 8am drink the remaining 2 litres of Klean Prep- 250ml every 15 minutes for 2 hours.

Alongside this it is advised for you to drink as much clear fluid as possible (please see below for details)

You may have clear fluids up until 1 hour before your procedure time.

CLEAR FLUIDS:

Black tea, Black Coffee, Fruit Juices (no pulp), Water, Fizzy Drinks, Bovril, Oxo, Jelly (not red!)

AVOID-

-Milk and milk products (as this leaves a white coating in the bowel)

-Red Coloured drinks e.g Blackcurrant, Cranberry, Raspberry, Strawberry (as this stains the bowel)

PICCOLAX

2 days before your appointment you **MUST STOP** eating solid food.

Please feel free to drink as much free fluid as you wish on this day.

Day before your procedure:

At **8am**, dissolve 1 sachet of Picolax into 150ml of cold water- when this has cooled you may drink it.

At **6pm**, dissolve the second sachet of Picolax into 150ml of cold water- again, once this has cooled you may drink it.

Alongside drinking the Picolax, you **MUST** drink other clear fluids to ensure hydration. Please drink 2-3 litres of clear fluids on top.

CLEAR FLUIDS:

Black tea, black coffee, water, fruit juices (no pulps), fizzy drinks Oxo, Bovril, jelly (not red!)

AVOID-

-Milk and milk products (as this leaves a white coating in the bowel)

-Red coloured drinks- Cranberry, Strawberry, Raspberry, Blackcurrant (as this looks like blood in the bowel).

Low Residue Diet to be taken **3** days prior to Colonoscopy/Flexible Sigmoidoscopy.

Date to Commence Diet

A low residue diet is recommended as part of the washout procedure for a colonoscopy or other pre-operative preparations

A low residue diet is achieved by limiting the amount of fibre in the diet.

Foods Allowed

Grain Products:

- Enriched refined white bread, buns, bagels, english muffins
- Plain cereals e.g. Cheerios, Cornflakes, Cream of Wheat, Rice Krispies, Special K
- Arrowroot cookies, tea biscuits, soda crackers, plain melba toast
- White rice, white pasta and noodles

Fruits:

- Fruit juices except prune juice
- Applesauce, apricots, banana (1/2), cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, watermelon

Vegetables:

- Vegetable juices
- Potatoes (no skin)
- Well-cooked and tender vegetables including alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, courgette, lettuce, mushrooms, green/red peppers, squash, aubergine, onions

Meat and Protein Choice:

- Well-cooked, tender meat, fish and eggs

Dairy:

- All dairy products

Foods to avoid

- Vegetables from the cruciferous family such as broccoli, cauliflower, brussels sprouts, cabbage, kale, Swiss chard etc
- Beans, lentils, sweetcorn and tomato skins
- Nuts and seeds, as well as foods that may contain seeds (such as yogurt and bread)
- Raw and dried fruits, raisins and berries.
- Whole grains
- High fibre biscuits (digestives)
- Course cereals all bran, weetabix.

Date to stop Diet

Bowel Prep to Commence