

## HOW TO TAKE BOWEL PREP – MOVIPREP (extended) MORNING APPOINTMENT

### Information for patients, relatives and carers

You have been prescribed Moviprep and given a dietary instruction sheet to help empty your bowel before your colonoscopy. It is important that you read this information carefully, that way you will get the best possible preparation for your colon examination.

### **WE CANNOT SEE YOUR BOWEL IF THERE IS STILL FOOD AND POO IN IT.**

Since Moviprep has a very mild taste, it's best to drink it chilled from the fridge. To improve the flavour, you can add a small amount of clear fruit cordial, such as orange or lime squash.

1. **You must stop eating the day before your procedure.** Do not eat again until after your appointment. Your bowel must be completely empty even if you feel hungry.
2. If you are thirsty, you can drink **clear still liquids** (not fizzy or blackcurrant) or black coffee or tea (no milk). Please keep drinking so you do not become dehydrated.
3. **Stop drinking any fluids 2 hours before your appointment.**
4. **If you are also having a gastroscopy, you must stop drinking other liquids 6 hours before your test.**
5. Once you start drinking Moviprep, you will experience frequent bowel movements and diarrhoea. This is expected. Some people also experience mild tummy cramps.
6. If you feel sick, vomit, or experience intense tummy pain after taking Moviprep, please call the endoscopy department using the contact numbers on the back of this leaflet and ask to speak to a nurse.








**Please follow the instructions in the tables below for how to take extended Moviprep for a morning appointment:**

You must drink plenty of clear fluids when thirsty to help the preparation and prevent you becoming dehydrated.

You will have a prescription included in this package to pick up from a community pharmacy for **Laxido** to improve the quality of your bowel preparation.

Five days before the procedure you must take 2 sachets of **Laxido** in the morning and evening, with the last dose to be taken the morning before your procedure and before you start your Moviprep.

Please note, only half of the prep is to be taken the day before the procedure. The rest of the prep must be taken the morning of the procedure as outlined below.

DAY BEFORE TEST			
0800 day before test	➔	<p><b>NO SOLID FOOD ALLOWED</b></p> <p>Drink plenty of fluids from the allowed liquids list to stay hydrated Tick the diagrams as you go through the glasses</p>	
1400 - 1500	➔	Dissolve <u>Moviprep</u> Sachet A and Sachet B in 1 litre of water and drink <b>ALL</b> of it within 1 hour	
1900 - 2000	➔	Dissolve <u>Moviprep</u> Sachet A and Sachet B in 1 litre of water and drink <b>ALL</b> of it within 1 hour	
1800 - 0500	➔	Continue to drink from the allowed liquids list You may have clear soup or Bovril only for dinner, no solid food Once your bowel movements have settled, you may go to bed	
DAY OF TEST			
0500-0600	 ➔	Dissolve <u>Moviprep</u> Sachet A and Sachet B in 1 litre of water and drink <b>ALL</b> of it within 1 hour	
0600 – 2 hours before appointment	➔	You may continue drinking clear liquids only <b>UNTIL 2 HOURS</b> before your appointment	

**If you are also having a gastroscopy, you must stop drinking other liquids 6 hours before your test.**

## **LOW FIBRE DIET BEFORE UNDERGOING A COLONOSCOPY**

**Poor bowel preparation is the most common reason that a colonoscopy or flexible sigmoidoscopy fails and it is therefore vital that you follow the instruction in this leaflet, so the clinician can see your bowel properly to diagnose or treat your condition.**

This leaflet describes a low fibre diet for patients who need to take bowel preparations prior to a colonoscopy or flexible sigmoidoscopy.

### **What is a low fibre diet?**

A low fibre diet is made up of foods that are easily digested and absorbed, leaving a minimal residue in the bowel. Residue refers to foods that are not easily digested and absorbed by the body and remains in the gut.

### **When to start your low fibre diet ?**


You will be provided with a prescription of bowel preparation medication to take before your colonoscopy.

**You should start the low fibre diet 3 days before your test.**


**You must stop eating all solid food from the morning before your procedure.**

The following table of foods on the next page will help you to make low fibre choices in your diet.

### Low fibre diet

Food Type	Foods to include	Foods to avoid
<b>Bread and cereals</b>	<p>White flour and baked products made with white flour such as white bread and toast, crumpets, pastry, chapatti, poppadum's, white pitta, white naan</p> <p>White pasta, spaghetti, macaroni, noodles</p> <p>White rice, couscous, tapioca, sago, cornflour</p> <p>Rice Krispies, Corn flakes</p> <p>Plain white crispbreads and crackers</p>	<p>Wholemeal, brown, granary, bran and soya flours and breads Foods made with these flours High fibre white breads</p> <p>Wholemeal pasta, Cold pasta</p> <p>Brown rice, cold rice</p> <p>Wholegrain breakfast cereals e.g. Weetabix, All-Bran, porridge, muesli and any cereal with added nuts or fruit</p> <p>Rye and whole grain crispbreads or crackers Oatcakes Cereal bars</p>
<b>Meat, Fish and Alternatives</b>	<p>All types</p>	<p>Meat and fish products made with wholemeal pastry or breadcrumbs</p>
<b>Dairy Products</b> 	<p>Milk - all types Cheese - all types Yoghurts - natural or fruit flavoured Cream Eggs, Fromage Frais</p>	<p>Cheese or yogurt with added nuts, fruit or cereals</p>

### Low fibre diet - continued

Food Type	Foods to include	Foods to avoid
<b>Fats and Oils</b>	Butter Margarine Cooking and salad oils	
<b>Fruit</b>  	Soft and ripe fresh/tinned/stewed fruit <b>without skins and seeds</b>  Stewed apples Melon ( <b>without skins and seeds</b> ) tinned peaches, fruit cocktail, pears ripe banana	Dried fruit Banana chips Berries e.g Blackberries, Strawberries, Raspberries, currants Citrus fruit e.g orange, lemon Dates Figs Gooseberries Prunes Coconut
<b>Vegetables</b>	<b>Peeled</b> , well cooked vegetables no stalks e.g. carrots, parsnips, swede, broccoli, cauliflower (florets only).  Potatoes <b>without skins</b>  Tomato puree, passata ( <b>no            skins or seeds</b> )	All vegetable stalks, skins, seeds and peel  Raw vegetables, salads and all other vegetables not listed, including cabbage, curly kale, celery, cucumber, fennel, leeks, okra, peppers, peas, pumpkin, mature spinach, sprouts, sweetcorn, yam, cassava  Pulses such as baked beans, butter beans, kidney beans, chickpeas and lentils
<b>Deserts/sweet snacks</b>	Plain biscuits, e.g. Rich Tea, Morning Coffee, Marie, shortbread, custard creams, malted milk  Plain cake e.g. Victoria sponge, madeira	Wholemeal biscuits e.g. Digestives, flapjacks, hob-nobs Biscuits containing nuts or dried fruit, e.g. Fig rolls  Cakes puddings or pie with added fruits or nuts, or wholemeal flour

	Jelly, ice cream, custard	Ice cream containing fruit/nuts, dried coconut  All nuts and seeds Popcorn Marmalade with peel
<b>Drinks</b>	Tea, Coffee, milk, lemonade, soft drinks/cordial,  Smooth fruit and vegetable juices	No red or purple-coloured drinks e.g blackcurrant  Fruit juice with bits
<b>Clear fluids to drink once stating to take bowel preparation</b>	Coffee or tea black Fruit juice Water Orange or lemon squash	No red or purple-coloured drinks e.g blackcurrant

It is very important to remember that from the morning before your procedure, **YOU MUST NOT EAT ANY MORE UNTIL AFTER YOUR TEST IN ENDOSCOPY** and only drink from the allowed clear fluids section.

If you have any questions about the information given above please contact one of the following teams:

RGH Endoscopy department: **01633 238706**

YYF Endoscopy department: **01443 802380**

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