Diet 3 Days Prior to Your Procedure

- A low fibre diet is not essential for patients using MOVIPREP, however for best results in cleansing the bowel, the following dietary approach is advised.

**Breakfast**

**Suggested low fibre foods you should take for breakfast:**
- Eggs
- White bread, toast butter, margarine
- Water, fizzy drinks, fruit squash (NOT blackcurrent)
- Tea/coffee

**High fibre foods you should avoid for breakfast:**
- Breakfast cereals
- Any fruit or salad
- Wholemeal or brown bread
- Yoghurts
- Bacon, sausages, black/white pudding

**Lunch**

**Suggested low fibre foods you should take for lunch:**
- White meat, skinless chicken, grilled or poached fish
- White bread, rice, pasta, boiled or mashed potatoes
- Ice cream, custard, clear jelly (NOT red or blackcurrant), boiled sweets
- Water, fizzy drinks, fruit squash (NOT blackcurrent)
- Cheese, eggs, tofu
- Butter, margarine
- Clear soups, Tea/coffee
- Shredless Marmalade or jam

**High fibre foods you should avoid for lunch:**
- Red meat, sausages and pies
- Nuts and pulses, including baked beans
- Any fruit or salad
- Wholemeal pasta, brown rice
- Pudding containing fruit or nuts
- Vegetables
- Potato skins or chips
- Cakes and biscuits
- Wholemeal or brown bread
- Yoghurts

**Dinner**

**Suggested low fibre foods you should take for a light dinner:**
- White meat, skinless chicken, grilled or poached fish
- White bread, rice, pasta, boiled or mashed potatoes
- Ice cream, custard, clear jelly (NOT red or blackcurrant), boiled sweets
- Water, fizzy drinks, fruit squash (NOT blackcurrent)
- Cheese, eggs, tofu
- Butter, margarine
- Clear soups, Tea/coffee
- Shredless Marmalade or jam

**High fibre foods you should avoid for a light dinner:**
- Red meat, sausages and pies
- Nuts and pulses, including baked beans
- Any fruit or salad
- Wholemeal pasta, brown rice
- Pudding containing fruit or nuts
- Vegetables
- Potato skins or chips
- Cakes and biscuits
- Wholemeal or brown bread
- Yoghurts
The Day Before Your Procedure

- Do not eat anything after your breakfast.
- Do not eat again until after your procedure.

Breakfast before 9am

**Suggested low fibre foods you should take for a light lunch:**
- Eggs
- White bread, toast butter, margarine
- Water, fizzy drinks, fruit squash (NOT blackcurrent)
- Tea/coffee
- Croissants
- Shredless Marmalade or jam

**High fibre foods you should avoid for a light lunch:**
- Breakfast cereals
- Any fruit or salad
- Fruit and nuts
- Wholemeal or brown bread
- Baked beans
- Yoghurts
- Bacon, sausages, black/white pudding

- Following breakfast even if you feel hungry, do not eat anything after 9am, because your bowel must be completely empty for your procedure.
- You can have clear soup, soft drinks or black coffee/tea with no milk. All your drinks must be clear because then you know there is no fibre in them.

5pm The Day Before Your Procedure

- At about 5pm make up first litre of MOVIPREP (mix sachet A and Sachet B into a jug + 1 litre of water). Drink over 1-2 hours.
- It is important to drink an additional 500mls of water or clear fluid with each litre of MOVIPREP during the evening.

8-9pm The Day Before Your Procedure

- At about 8-9pm make the second litre of MOVIPREP (mix sachet A and Sachet B into a jug + 1 litre of water). Drink over 1-2 hours.
- Allow 2 hours for MOVIPREP to work after finishing the second litre.
- You can go to bed when you stop going to the toilet e.g. 11pm.

- It is important to drink an additional 500mls of water or clear fluid with each litre of MOVIPREP during the evening.

See overleaf instructions on how to prepare MOVIPREP
How to prepare and take MOVIPREP

1. Each box of Moviprep contains two sealed plastic bags.
2. 1 x Sachet A and 1 x Sachet B.
3. Pour 1 sachet A and 1 sachet B into a jug.
4. Pour in 1 litre of water (not chilled).
5. Stir until dissolved- solution is clear or slightly hazy.
6. Drink one glass of the Moviprep every 15-30 minutes, until you have drunk the litre, over approximately 1 to 2 hours.
7. Take your time drinking the Moviprep there is no need to rush

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

Key points to remember

• Do not eat anything after 9am on the day before your procedure.
• Take 2 litres of MOVIPREP the evening before your procedure.
• If you are taking any oral medicine, do not take it an hour either side of drinking the dose of MOVIPREP.
• You should drink an additional 500MLS of water or clear fluids with each litre of MOVIPREP.
• After drinking the 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.

The Day of your Procedure

• Remember do not eat anything.
• Remember to stop drinking fluids 2 hours before your appointment time.
• Leave home in good time, for your hospital appointment.