



MOVIPREP[®] INSTRUCTIONS

ESSENTIAL INFORMATION FOR PATIENTS



Beacon Hospital
ENDOSCOPY

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Colonoscopy Moviprep Instructions

This leaflet provides instructions for patients undergoing colonoscopy procedures. Please follow the timetable that corresponds with your appointment time.

Summary

- Stop eating solid food from 2:00pm on the day before your colonoscopy until after the procedure.
- Clear fluids only are permitted (water, tea or coffee without milk, clear soup, soft drinks).

Moviprep Timing Tables

Morning Appointment (Before Midday)

Time	Instruction
2:00pm (Day Before)	Stop eating solid food
5:00pm – 6:00pm (Day Before)	Drink first litre of Moviprep (Dose 1). Mix sachets A & B in 1 litre of water. Drink 500ml - 1 litre clear fluids.
5:00am – 6:00am (Day of Procedure)	Drink second litre of Moviprep (Dose 2). Mix sachets A & B in 1 litre of water. Drink at least 1 litre clear fluids.

Afternoon Appointment (After Midday)

Time	Instruction
2:00pm (Day Before)	Stop eating solid food
7:00pm – 8:00pm (Day Before)	Drink first litre of Moviprep (Dose 1). Mix sachets A & B in 1 litre of water. Drink 500ml - 1L clear fluids.
7:00am – 8:00am (Day of Procedure)	Drink second litre of Moviprep (Dose 2). Mix sachets A & B in 1 litre of water. Drink at least 1 litre clear fluids.

Important Information

- You may drink water up until two hours before your procedure.
- You will receive conscious sedation and must arrange transport home.
- The scheduling team will contact you 2–3 days prior to confirm your appointment time.
- You must check with your Insurance Provider that you are covered for your procedure. Please give the codes relevant to you to your Insurance Provider and they will advise you on your level of cover. (See codes listed below).

Insurance Codes:

Colonoscopy - 455

Gastroscopy (OGD) - 194

Sigmoidoscopy - 535

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MORNING APPOINTMENT

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
-  Tea/coffee
-  White bread, toast
butter, margarine
-  Croissants
-  Water, fizzy drinks,
fruit squash (NOT
blackcurrent)
-  Shredless
Marmalade
or jam

High fibre foods you should **avoid** for breakfast:

-  Breakfast
cereals
-  Any fruit or salad
-  Fruit and nuts
-  Wholemeal or
brown bread
-  Baked beans
-  Yoghurts
-  Bacon, sausages, black/white pudding

Lunch

Suggested low fibre foods you should take for lunch:

-  White meat, skinless
chicken, grilled or
poached fish
-  Cheese,
eggs, tofu
-  White bread, rice,
pasta, boiled or
mashed potatoes
-  Butter,
margarine
-  Ice cream, custard,
clear jelly (NOT red
or blackcurrent),
boiled sweets
-  Clear soups,
Tea/coffee
-  Water, fizzy drinks,
fruit squash (NOT
blackcurrent)
-  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
-  Cheese,
eggs, tofu
-  White bread, rice,
pasta, boiled or
mashed potatoes
-  Butter,
margarine
-  Ice cream, custard,
clear jelly (NOT red
or blackcurrent),
boiled sweets
-  Clear soups,
Tea/coffee
-  Water, fizzy drinks,
fruit squash (NOT
blackcurrent)
-  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



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