

A photograph of a modern hospital lobby. The space is bright and open, with a high ceiling featuring large, curved glass panels. A prominent feature is a light-colored stone wall on the right side, which has the words "Beacon Hospital" mounted on it in a metallic, sans-serif font. Above the text is a circular metallic emblem. To the left, there is a mezzanine level with a glass railing and a staircase. In the foreground, a reception desk is partially visible, with a telephone and some decorative items on it.

MOVIPREP Instructions Afternoon Appointment

Essential information for patients



Beacon Hospital
Endoscopy

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

The Day Before Your Procedure

- Do not eat anything after 1pm (after lunch).
- Do not eat again until after your procedure.

Lunch before 1pm

Suggested low fibre foods you should take for a light lunch:



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 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 lunch, even if you feel hungry, do not eat anything after 1pm, 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.

7pm The Day Before Your Procedure

- At about 7pm make up your first sachet 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.
- You can go to bed when you stop going to the toilet e.g. 10pm

6am The Morning of Your Procedure

- At 6am make up the second 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.
- Once again you will have watery bowel movements which will stop after 1-2 hrs, allowing you to leave home in good time for your hospital appointment.
- Allow 1 to 2 hours for MOVIPREP to work, after finishing your second litre, before leaving for your appointment.

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 1pm on the day before your procedure.
- Take 1 litre of Moviprep 7pm the evening before your procedure.
- Take 1 litre of Moviprep 6am on the morning of your procedure.
- You should drink an additional 500MLS of water or clear fluids with each litre of MOVIPREP.
- If you are taking any oral medicine, do not take it an hour either side of drinking the dose 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.