



MOVIPREP[®] INSTRUCTIONS MORNING APPOINTMENT

ESSENTIAL INFORMATION FOR PATIENTS

MOVIPREP INSTRUCTIONS MORNING APPOINTMENT

DIET 3 DAYS PRIOR TO YOUR PROCEDURE

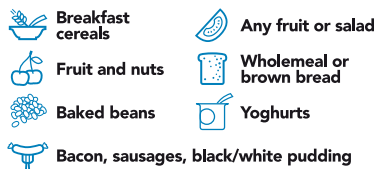
A low fibre diet is not essential for patients using MOVIPREP,[®] however for best results in cleansing the bowel, the following dietary approach is advised.

Breakfast

Suggested low fibre foods you should take for breakfast:



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



Lunch

Suggested low fibre foods you should take for lunch:



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



Dinner

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



High fibre foods you should **avoid** for a light dinner:



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 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 a light breakfast:



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.

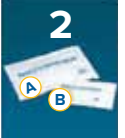




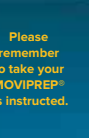
8-9pm The Day Before Your Procedure

- 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.
- 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. 11pm.

See overleaf instructions on how to prepare MOVIPREP

How to prepare and take MOVIPREP®

- Each box of MOVIPREP® contains two sealed plastic bags.
 - 1 x Sachet A and 1 x Sachet B.
 - Pour 1 sachet A and 1 sachet B into a jug.
 - Pour in 1 litre of water (not chilled).
 - Stir until dissolved - solution is clear or slightly hazy.
 - Drink one glass of the MOVIPREP® every 15-30 minutes, until you have drunk the litre, over approximately 1 to 2 hours.
 - 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®.

STEP	STEP	STEP	STEP	STEP	STEP	STEP	
							
Each box of MOVIPREP® contains 2 sealed plastic bags.	Each plastic bag contains 1 x Sachet A and 1 x Sachet B.	Pour 1 x Sachet A and 1 x Sachet B into a jug.	Make up to 1 Litre with water (Not Chilled)	Stir until dissolved (solution is clear or slightly hazy)	Drink one glassful (250ml) of MOVIPREP® every 15 to 30 minutes until you have drunk it all (over about 1-2 hours). Take your time there is no rush.	Remember to drink an additional 500ml of water or clear fluids with each litre of MOVIPREP® taken.	Please remember to take your MOVIPREP® as instructed.

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.



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