

# Bowel preparation (MoviPrep)

This leaflet has been written by staff working in the Endoscopy Unit at West Middlesex University Hospital. We hope you find it useful. If, after you have read it, you have any questions or concerns, please contact us on 020 8321 2585/5191. When you come into the unit (Ground Floor) please talk to us about any worries and ask any questions you have.

If you would like to change your appointment time or date, please contact the endoscopy unit booking team on 020 8321 5752/5380.

**Your appointment time in endoscopy is approximate because some procedures may take longer than expected and emergency procedures need to take priority. Please expect to be in the department for several hours—having pre-procedure checks, the procedure and for recovery after the procedure.**

Appointment date

Appointment time

## Contact information

**Endoscopy Department**  
West Middlesex University Hospital  
Twickenham Road  
Isleworth, Middlesex  
TW7 6AF

**T:** 020 8321 2585/5191  
**W:** [www.chelwest.nhs.uk](http://www.chelwest.nhs.uk)



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Information for patients

## West Middlesex University Hospital

Twickenham Road  
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**T:** 020 8560 2121  
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**Speak to your clinician**



## What should I do before I come in?

**If you are having sedation, you must organise for someone to take you home after the test and be with you for 24 hours.**

### 7 days before procedure

Please stop taking iron tablets (including vitamin tablets that contain iron) and bulking agents (Fybogel or Regulan) one week before the test.

### 4 days before procedure

Stop taking any constipating agents (loperamide, codeine phosphate etc) but continue any other medications and laxatives until your appointment.

**If you are diabetic please let us know in advance.**

**If you are taking any of the following medicines, please inform the pre-assessment nurse or a member of the endoscopy team for further instructions:**

- Warfarin, rivaroxaban, apixaban, dabigatran, edoxaban
- Clopidogrel, prasugrel, ticagrelor
- Aspirin or any other medication used to thin the blood (anti-coagulant)

## Diet and bowel preparation

### 3 days before procedure

You will need to follow a restrictive diet to achieve optimal views of the bowel. Eat only low fibre foods and avoid all high fibre foods. **Please see our separate dietary sheet.**

A clean bowel will allow for clear views of the bowel, which is important for both accurate diagnosis and treatment. Abnormal changes may be tiny, so even small amounts of residual stool could potentially disguise something important. **If the bowel is not empty enough, the procedure may be cancelled and repeated on another occasion.**

Your bowel preparation is either sent to you via post or you may be asked to collect it from the endoscopy unit if it is short notice. A pre-assessment will be done by one of the nurses to guide you more with the preparation and ask about any other related information regarding your procedure.

### One day before procedure

Please ensure that you have either collected or received your bowel preparation solution the day before your appointment.

**On the day before the procedure only have clear fluids, clear soup, fizzy drinks and black tea/coffee. No solid foods, no milk, no blackcurrant, no alcohol.**

The instruction below is for MoviPrep. If you have been given a different bowel preparation please contact the unit for further advice.

Check if your appointment is AM or PM and follow the correct instruction for your appointment time.

### Morning appointment (AM)

**At 5pm (day before procedure):** Prepare the first pack of MoviPrep—pour one sachet of A and one sachet of B in 1 litre jug of water (not chilled), mix both together and finish the solution within two hours.

**At 8pm (day before procedure):** Prepare the second pack of MoviPrep the same way as the first pack—pour one sachet of A and one sachet of B in 1 litre jug of water, mix both together and finish the solution within two hours.

**Please make sure you drink an additional 500 ml of water after finishing each pack of MoviPrep.**

### Afternoon appointment (PM)

**At 7pm (day before procedure):** Prepare the first pack of MoviPrep—pour one sachet of A and one sachet of B in 1 litre jug of water (not chilled), mix both together and finish the solution within two hours.

**At 6am (on day of procedure):** Prepare the second pack of MoviPrep the same way as the first pack—pour one sachet of A and one sachet of B in 1 litre jug of water, mix both together and finish the solution within two hours.

**Please make sure you drink an additional 500 ml of water after finishing each pack of MoviPrep.**

Expect repeated watery bowel movements which should stop 1–2 hours after taking the solution. **The success of the examination depends on how clean your bowel is, so please follow the instructions carefully.**

## On the day of the colonoscopy

### Colonoscopy only

Continue drinking clear fluids until two hours before the procedure.

### Gastroscopy and colonoscopy

Drink clear fluids up to 6 hours before the examination. After that you can continue to have small sips of clear fluids (water, black tea or black coffee) until two hours before the procedure—check your letter for the time.

## Patient Advice and Liaison Service (PALS)

If you have concerns or wish to give feedback about services, your care or treatment, you can contact the PALS office on the Ground Floor of the hospital near the main reception. Alternatively, you can send us your comments or suggestions on one of our comment cards, available at the PALS office, or on a feedback form on our website [www.chelwest.nhs.uk/pals](http://www.chelwest.nhs.uk/pals).

We value your opinion and invite you to provide us with feedback.

**T:** 020 8321 6261

**E:** [wmpals@chelwest.nhs.uk](mailto:wmpals@chelwest.nhs.uk)