How can I help reduce healthcare associated infections?
Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

Please read this leaflet carefully before you start using this medicine.

This medicine is for you and must not be passed on to anyone else.

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Moviprep Information for Patients
Contacts
If you have any questions about anything on this leaflet, you can call:

Stoke Mandeville Endoscopy Unit 01296–315220
Wycombe Endoscopy Unit 01494-425710

The Medicines Helpline is available from 12:00 – 5:00pm and is contactable on 01494-425355

Moviprep Treatment
Information for Patients

These instructions may differ slightly from the manufacturer’s information leaflet, however, please follow this schedule if your bowel investigation is being performed in the Endoscopy Unit.

If you require a translation or an alternative format of this leaflet please call Medicines Information on 01494-425355

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Leaflet code: MOV
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Moviprep – Important Information

If your condition has significantly changed since you were referred for this treatment or if you have any of the following listed below DO NOT TAKE MOVIPREP and contact the endoscopy unit at which you are booked to have your procedure:
- If it is possible you are pregnant
- Heart failure
- If you have had a recent heart attack (within the last 6 weeks)
- Kidney failure
- If you have been told you have a stomach or bowel blockage
- Difficulty in swallowing
- Severe breathing problems
- You have had recent bowel surgery (within the last 6 weeks)
- If you have been told you have active diverticulitis (this means that you will have pain and a doctor may have given you antibiotics)
- If you have severe mobility problems which limit you using the toilet.

What to expect when you take Moviprep
You can expect to have frequent loose bowel motions within 3 hours of taking the first dose of Moviprep. It will be similar to having diarrhoea and you need to ensure that you have access to a toilet that is close by at all times to avoid embarrassment. As you may feel hungry you are also advised to avoid heavy or strenuous work.

It is important to drink at least an additional 500mls of clear fluid for each litre of Moviprep to avoid becoming dehydrated. If you are thirsty in between doses of Moviprep you can have clear fluids preferably water but also permitted are soft drinks (not fizzy) or black coffee or tea (without milk). You may add sugar if you like. Try to keep warm, you often feel cold when you develop loose/watery bowel motions.

Medication Information
Oral medication should NOT be taken within one hour of taking Moviprep as it may not be absorbed properly

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Instruction</th>
<th>Additional detail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iron Tablets</td>
<td>Stop 7 days prior to taking Moviprep</td>
<td></td>
</tr>
<tr>
<td>Anticoagulants (Blood</td>
<td>If you are taking Warfarin, or any of the new oral anticoagulants (apixaban,</td>
<td>Wycombe – 01494 425710/5073  Stoke Mandeville – 01296 315220/5217</td>
</tr>
<tr>
<td>thinning medication)</td>
<td>dabigatran, rivaroxaban, edoxaban) please contact the unit where you are</td>
<td></td>
</tr>
<tr>
<td></td>
<td>booked to have the procedure and speak to a member of staff</td>
<td></td>
</tr>
<tr>
<td>Insulin controlled diabetic patients</td>
<td>Please see supplementary information sheet and contact your diabetic specialist nurse/ or GP practice nurse for further advice if required.</td>
<td>Glucose energy drinks and glucose tablets if sucked are fine to take in the event of hypoglycaemia. You will need to manage a reduction in your normal insulin dose during bowel preparation and until after your procedure.</td>
</tr>
<tr>
<td>Oral anti-diabetic tablets</td>
<td>Please see supplementary information sheet and contact your practice nurse at your GP surgery for further advice if required</td>
<td>Absorption of tablets may be affected by the Moviprep</td>
</tr>
<tr>
<td>Diet controlled diabetic patients</td>
<td>No action required</td>
<td></td>
</tr>
<tr>
<td>ALL DIABETIC PATIENTS TO DISCUSS WITH BOOKING COORDINATOR SO THAT AN APPROPRIATE APPOINTMENT TIME CAN BE ARRANGED</td>
<td>Wycombe – 01494 425710/5073  Stoke Mandeville – 01296 315220/5217</td>
<td></td>
</tr>
<tr>
<td>Anti-epileptics, oral contraceptive, antibiotic and oral anti-diabetic drugs</td>
<td>Bowel cleansing may interfere with normal absorption of these drugs</td>
<td>Doses may need adjusting during treatment – contact your GP or practice nurse for advice</td>
</tr>
<tr>
<td>Anti-diarrhoeal tablets</td>
<td>Stop 3 days prior to taking Moviprep</td>
<td></td>
</tr>
</tbody>
</table>
Moviprep Information for Patients

Fluids allowed

Black tea, coffee (sugar allowed)
Tomato juice, strained fruit juices
Diluted squash (not blackcurrant)
Still Water
Clear fruit juice without pulp (e.g. apple or white grape)
Yeast extract or Marmite
Meat extract or Bovril
Dioralyte (available from chemists)

If you have any enquiries about Moviprep treatment or the low fibre diet, please contact

Medicines Information on 01494-425355.
Or mi.pharmacy@buckshealthcare.nhs.uk

Endoscopy, Stoke Mandeville: 01296 315220
Endoscopy, Wycombe Hospital: 01494 425710

The success of the colonoscopy depends upon the bowel being as clear as possible. This means taking both sets of sachets A & B of Moviprep, until your motions are a clear liquid with NO SOLID BITS in. The Moviprep will not be effective if you are dehydrated.

It is helpful to use a barrier cream around your bottom: Sudocrem or Zinc & Caster Oil cream are excellent. You may also want to wear a small pad to protect your underwear.

If you have a stoma, contact your Stoma Care Nurse for advice. You may need drainable appliances to manage the diarrhoea.

If you dislike the taste (lemon), add ice cubes and drink through a straw – it will help.

Expected Side Effects
You will experience diarrhoea as the purpose of Moviprep is to clear and cleanse the bowel
You are also likely to experience some abdominal cramping
Some patients may experience nausea and/or vomiting – if this is a problem, wait for ½ hour and then recommence taking Moviprep. Chilling Moviprep and drinking it through a straw may help resolve some side effects
It is important that you continue to drink adequate amounts of fluid to avoid dehydration

Very Common
Abdominal pain, a feeling of fullness in your stomach, bloating, tiredness, soreness/ pain of the anus (bottom), thirst and nausea.

Common
Hunger, headache, problems sleeping, dizziness, vomiting, indigestion and chills.
Adverse reactions

Rarely, people can be allergic to Moviprep and may get an itchy rash (nettle rash or hives).
If any of the side effects become serious, or you notice any side-effects not listed above, you must seek advice from:

Endoscopy Department Tel: (Monday- Friday; 8am- 6pm)
Stoke Mandeville Endoscopy Unit  01296–315220
Wycombe Endoscopy Unit:  01494-425710

Do not hesitate to contact either the Endoscopy Department or your GP if you experience any severe side effects or if you are at all worried.

Instructions for taking Moviprep in Endoscopy

It is important you follow the instructions carefully as failure to do so may result in the cancellation of your procedure and the need to re-book

Morning Appointment

Have only a light breakfast and stop eating by the shown time

<table>
<thead>
<tr>
<th>1st Litre of Moviprep Day before procedure</th>
<th>2nd Litre of Moviprep evening before</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stop Eating</td>
<td>Drink 1st Litre of Moviprep Between</td>
</tr>
<tr>
<td>8am</td>
<td>11am – 1pm</td>
</tr>
<tr>
<td></td>
<td>Drink at least 2 large glasses</td>
</tr>
<tr>
<td></td>
<td>from the suggested list</td>
</tr>
<tr>
<td></td>
<td>2 - 5 pm</td>
</tr>
<tr>
<td></td>
<td>Drink 2nd Litre of Moviprep Between</td>
</tr>
<tr>
<td></td>
<td>6 - 8 pm</td>
</tr>
<tr>
<td></td>
<td>Drink at least 2 large glasses</td>
</tr>
<tr>
<td></td>
<td>from the suggested list</td>
</tr>
<tr>
<td></td>
<td>8 – 10 pm</td>
</tr>
</tbody>
</table>

Afternoon Appointment

Follow only one line left to right to meet your intended bedtime

Have only a light meal and stop eating by the shown time

<table>
<thead>
<tr>
<th>1st Litre of Moviprep Day before procedure</th>
<th>2nd Litre of Moviprep morning of procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stop Eating</td>
<td>Drink 1st Litre of Moviprep Between</td>
</tr>
<tr>
<td>4 pm</td>
<td>7 – 9 pm</td>
</tr>
<tr>
<td></td>
<td>9- 10 pm</td>
</tr>
<tr>
<td></td>
<td>10 pm</td>
</tr>
<tr>
<td></td>
<td>Drink 2nd Litre of Moviprep Between</td>
</tr>
<tr>
<td>5 pm</td>
<td>9 - 10 pm</td>
</tr>
<tr>
<td></td>
<td>10- 11 pm</td>
</tr>
<tr>
<td></td>
<td>11 pm</td>
</tr>
</tbody>
</table>

HOW TO MAKE UP MOVIPREP

Empty the contents of one sachet A and one sachet B of Moviprep into a jug.
Add water (not chilled) to make up 1 litre.
Stir until the powder is completely dissolved and the solution is clear
You may add a cordial flavour such as lime but not blackcurrant, as this darkens the colon. Remember that drinks MUST be clear
Drink one glassful (250mls/ ½ pint) of Moviprep about every 15 - 30 minutes until you have drunk it all.
It is important to drink an additional 500ml of water (2 glasses) or clear fluids with each litre of Moviprep taken.