

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

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.

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Buckinghamshire Healthcare



NHS Trust

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.

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.

Patient information leaflet

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

Safe & compassionate care,

every time

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

Medicine	Instruction	Additional detail
Iron Tablets	Stop 7 days prior to taking Moviprep	
Anticoagulants (Blood thinning medication)	If you are taking Warfarin, or any of the new oral anticoagulants (apixaban, dabigatran, rivaroxaban, edoxaban) please contact the unit where you are booked to have the procedure and speak to a member of staff	Wycombe– 01494 425710/ 5073 Stoke Mandeville–01296 315220/ 5217
Insulin controlled diabetic patients	Please see supplementary information sheet and contact your diabetic specialist nurse/ or GP practice nurse for further advice if required.	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
Oral anti-diabetic tablets	Please see supplementary information sheet and contact your practice nurse at your GP surgery for further advice if required	Absorption of tablets may be affected by the Moviprep
Diet controlled diabetic patients	No action required	
ALL DIABETIC PATIENTS TO DISCUSS WITH BOOKING COORDINATOR SO THAT AN APPROPRIATE APPOINTMENT TIME CAN BE ARRANGED		Wycombe– 01494 425710/ 5073 Stoke Mandeville–01296 315220/ 5217
Anti-epileptics, oral contraceptives, antibiotic and oral anti-diabetic drugs	Bowel cleansing may interfere with normal absorption of these drugs	Doses may need adjusting during treatment – contact your GP or practice nurse for advice
Anti- diarrhoeal tablets	Stop 3 days prior to taking Moviprep	

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

1 st Litre of Moviprep Day before procedure			R E S T	2 nd Litre of Moviprep evening before	
Stop Eating	Drink 1 st Litre of Moviprep Between	Drink at least 2 large glasses from the suggested list		Drink 2 nd Litre of Moviprep Between	Drink at least 2 large glasses from the suggested list
8am	11am – 1pm	2 - 5 pm		6 - 8 pm	8 – 10 pm

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

1 st Litre of Moviprep Day before procedure			Intended Bedtime	2 nd Litre of Moviprep morning of procedure		
Stop Eating	Drink 1 st Litre of Moviprep Between	Drink at least 2 large glasses from the suggested list		Drink 2 nd Litre of Moviprep Between	Drink at least 2 large glasses from the suggested list	Prep Completed by
4 pm	7 – 9 pm	9- 10 pm	10 pm	7- 9 am	9 -10 am	10 am
5 pm	9 - 10 pm	10- 11 pm	11 pm	7- 9 am	9- 10 am	10 am

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.