

## Patient Information



**Kingston Hospital**  
NHS Foundation Trust

# Bowel preparation with Moviprep

<https://kingstonhospital.nhs.uk/information/bowel-preparation-before-colonoscopy-moviprep>

An endoscopy (such as a colonoscopy or sigmoidoscopy) is done to have a look inside the bowel. For this, **the bowel must be completely empty**.

### You must prepare properly

<div data-bbox="204 846 408 1070" data-label="Image"> </div> <p><b>3 days before</b></p> <p><b>3 days before</b></p> <ul style="list-style-type: none"> <li>• Low-fibre food only</li> <li>• Drink one large cup of fluids every hour during the day</li> </ul>	<div data-bbox="612 846 817 1070" data-label="Image"> </div> <p><b>1 day before</b></p> <p><b>1 day before</b></p> <ul style="list-style-type: none"> <li>• Stop solid food</li> <li>• Continue drinking plenty, but only clear fluids</li> <li>• Begin bowel prep</li> </ul>	<div data-bbox="1015 846 1219 1070" data-label="Image"> </div> <p><b>Day of morning appointment</b></p> <p><b>Day of morning appointment</b></p> <ul style="list-style-type: none"> <li>• Stop fluids</li> </ul> <div data-bbox="1015 1272 1219 1496" data-label="Image"> </div> <p><b>Day of afternoon appointment</b></p> <p><b>Day of afternoon appointment</b></p> <ul style="list-style-type: none"> <li>• Finish bowel prep</li> <li>• Then stop fluids</li> </ul>
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## What is bowel preparation?

A few days before the procedure, you will need to start '**bowel preparation**' to empty the bowel. This involves:

- taking medicines (called **laxatives**) to make you poo
- cutting down on how much fibre you eat
- stopping all food in the last few hours beforehand.



The instructions given below are **very important**. If you do not stick to them, we will probably have to cancel the procedure because we will not be able to see inside your bowel clearly.

→ **Contact the endoscopy nurse helpline if you have any questions.**

## What effect does it have?

The laxatives will cause repeated bowel movements and eventually diarrhoea.

These effects can start at any time after taking the laxatives. The urge to open your bowels can be sudden, giving you little time to reach a toilet. So, it is a good idea to stay within easy reach of a toilet.

The laxatives may also cause nausea, stomach cramps and bloating.

Very rarely, patient have a severe reaction to the laxatives.

→ **Contact your GP or go your nearest emergency department (A&E)** if you feel significantly unwell, collapse or faint. Take this information sheet with you.

It is sensible to have a supply of the drinks you will need before starting your laxatives. See **box A**, below.

### 3 days before the endoscopy



Begin preparation for your endoscopy three days before your appointment, when you wake up that morning.

Increase how much fluids you drink to 200 mls (one large cup) every hour. This is to make the laxatives work better.

Start eating only low-fibre food (see [box B](#)).

Cut down alcohol to no more than one small glass of wine or one small bottle of beer per day.

### 1 day before the endoscopy



The day before your appointment you must **begin taking the laxatives, stop solid foods** and drink plenty of clear fluids (see [box A](#)).

When you start this depends on what time your endoscopy is booked for. The tables, below, set out the details.



### Morning endoscopy (8am to 12.45 appointments)

Day before	
1pm	Stop all solid food until after endoscopy. For the rest of the day, <b>do not drink just water</b> . Drink at least one additional litre of clear fluids (see <a href="#">box A</a> ). It is important you drink sugary drinks for the energy and savoury drinks for the salt. Otherwise, you may feel weak or dizzy and you may even faint.
3pm	Take the first dose of laxative. See <a href="#">box C</a> .
7pm	Take the second dose of laxative.
Day of appointment	
4 hours before	Stop all fluids apart from sips of water.
2 hours before	Stop drinking water until after endoscopy.












## Afternoon endoscopy (1pm to 5.30pm appointments)

<b>Day before</b>	
5pm	Stop all solid food until after endoscopy. For the rest of the day, <b>do not drink just water</b> . Drink at least one additional litre of clear fluids (see <b>box A</b> ). It is important you drink sugary drinks for the energy and savoury drinks for the salt. Otherwise, you may feel weak or dizzy and you may even faint.
7pm	Take the first dose of laxative. See <b>box C</b> .
<b>Day of appointment</b>	
7am	Take the second dose of laxative.
4 hours before	Stop all fluids apart from sips of water.
2 hours before	Stop drinking water until after endoscopy.

### Box A

Clear fluids	Avoid
 water, squash, fizzy drinks, apple juice, orange juice, black tea or coffee (sugar is allowed), Oxo/Bovril/Marmite, Horlicks (made with water), Ovaltine (made with water), hot chocolate (made with water), consommé, lemon or lime jelly, sorbet (no fruit bits)	 milk, milkshakes, smoothies, red-coloured drinks, fruit juice with 'bits', alcohol, soup, ice cream

**Box B**

Low fibre food you can eat	Foods to avoid
<b>Cereals</b>	
 Rice Krispies	 All breakfast cereals except Rice Krispies
<b>Dairy</b>	
 milk, cream butter or spread cheese smooth yogurts (no bits)	
<b>Soup</b>	
 clear soups	
<b>Protein</b>	
 tender meat white fish eggs tofu, Quorn	 nuts, including coconut seeds nut roast
<b>Fruit and vegetables</b>	
 boiled or mashed potatoes (peeled), courgettes (peeled), cucumber (peeled), cauliflower florets, marrow flesh, parsnips (peeled), radish, apples, bananas, pears, lychees (all fruit must be peeled), grapefruit (avoid pith)	 jacket potatoes All fruit and vegetables not mentioned on the 'food you can eat' list, juice with 'bits', beans and pulses
<b>Bread and starchy food</b>	
 white bread cream crackers white rice white pasta Yorkshire puddings	 Avoid all bread except white bread oatmeal, oat bran and oat germ rye flour bran
<b>Fruit and vegetables</b>	
 marmalade (no shred), honey, marmite	 jams, pickles, chutney

**Low fibre food you can eat****Foods to avoid****Snacks and puddings**

crisps  
 plain biscuits, such as Rich Tea, shortbread,  
 malted milk or Nice biscuits  
 plain madeira cake  
 ice lollies  
 ice cream  
 plain or milk chocolate (no nuts/fruits)




digestive biscuits  
 biscuits containing  
 bran

**Box C****How to take laxatives**

- Empty one packet labelled A and one packet labelled B into a jug containing 1 litre (1 3/4 pints) of cold water. Stir until dissolved
- Drink one glass every 15 minutes until the jug is empty. You may add ice or squash if you wish.

**Contacts**

Endoscopy nurses helpline 020 8934 6614 (2pm to 4pm only)

<b>Translate</b>	Please speak to a member of staff before or during your visit to the hospital if you require translation.
<b>Accessibility</b>	Please contact the Patient Experience Team on 020 8934 3850 if you need this information in a different format. For information accessibility please visit Kingston Hospital AccessAble <a href="http://www.accessable.co.uk/kingston-hospital-nhs-foundation-trust">www.accessable.co.uk/kingston-hospital-nhs-foundation-trust</a>
<b>Support services</b> Visit the hospital website, ask a member of staff, or ring us for details. <a href="http://www.kingstonhospital.nhs.uk">www.kingstonhospital.nhs.uk</a> Switchboard 020 8546 7711	 <ul style="list-style-type: none"> <li>• 'Find Us' page for maps, transport, registering a blue badge, disabled access</li> <li>• Information, advice and support for patients and relatives (PALS) 020 8934 3993</li> <li>• Pastoral and Spiritual Support 020 8546 7711</li> <li>• Learning Disability Liaison Team 020 8934 6895</li> </ul>