

Information on colonoscopy preparation with MOVIPREP (8 am to 2 pm)

Colonoscopy preparation (appointment from 8 am to 2 pm)

If you are unable to keep your appointment for colonoscopy please let us know at least 48 hours beforehand (Tel.: 0221 92 16 080).

During the 5 days prior to the colonoscopy:

Do not eat any fruit or vegetables containing small pips or seeds (e.g. grapes, kiwis, strawberries, tomatoes, cucumbers, courgettes etc.) Remember that these fruits can also be contained in yoghurt or jam. Do not take any substances that expand or swell (e.g. bran, linseed, certain bowel regulating substances such as Agiocur or Metamucil). If you need any of these substances to aid digestion, please use laxative suppositories instead during this time (e.g. Ducolax). Avoid all foods with a high fibre content, such as wholemeal bread, wholemeal rolls or muesli. Stop taking all iron preparations. In addition to this do not eat lettuce, spinach, mushrooms or peppers during the last 2 days before the examination!

On the day before the examination

Breakfast: your usual breakfast – no wholemeal products however.

Lunch: a small, light meal taken before 1 pm at the latest. No lettuce or salad!
We recommend a chicken or fish dish with potatoes or pasta.

NO EVENING MEAL!

7 pm Empty sachet A and sachet B from one packet of MOVIPREP into a jug and add 1 litre of water. Stir until the liquid is almost clear. (This can take several minutes). Then drink a glass of this every 10 minutes until the jug is empty.
The solution can be prepared beforehand and cooled in the fridge before drinking.

In addition to this please note:

2 litres of additional liquid should be drunk between 7 pm and 9 pm. Plain water, camomile, herbal or fruit tea, clear stock or very diluted clear apple juice are allowed. Do not drink coffee, black tea, fruit juices, fizzy drinks or milk products.

On the day of the examination

NO BREAKFAST!

3 hours before the examination dissolve sachet A and sachet B in a jug as described for the previous day and drink this again every 10 minutes until the jug is empty.

In addition you may drink as much as you wish of the permitted liquids listed above – you should however drink at least 1 litre. A cup of coffee or black tea may be drunk in the morning.

Please turn over.

Further important information:

- ▶ Should you wish for a sedative injection for the examination, please remember that you are not allowed to drive for the rest of the day. In this case do not drive yourself to the examination. You will need to stay in the practice for approx. 2 hours.
- ▶ In exceptional cases it may be necessary to administer further laxative measures in the practice if the bowel has not been adequately cleansed. You may then need to stay in the practice for 3 - 4 hours.
- ▶ Wear an incontinence pad during the night as protection in case of uncontrolled bowel movements.
- ▶ Bowel cleansing may cause redness or soreness in the anal region. In this case healing ointment or Vaseline can be applied.
- ▶ We request wearers of contact lenses to wear glasses on the day of the examination.
- ▶ It is recommended to bring a change of underwear!
- ▶ Patients taking insulin may not inject themselves in the morning before the examination. For this reason we ask you to eat your usual breakfast in the practice **after** the examination. A member of staff can give you your injection if you wish. Glucose can be taken in the morning if necessary during the cleansing process.
- ▶ Contraception: the regular taking of oral contraceptives can be continued during the preparation for colonoscopy. However, please note that adequate protection cannot be guaranteed due to the bowel cleansing agents. We recommend using additional contraceptive measures until the end of the cycle!
- ▶ We recommend female patients who expect their monthly period on the day of the examination to wear a tampon.
- ▶ Patients with a stoma (colostomy) should bring a sufficient number of replacement bags with them. We recommend using open-ended bags for the bowel cleansing process. Please bring the last used bag with you to the practice.

Our staff will be pleased to help you if you have further questions.