



Phoenix
Health
Solutions

PATIENT INFORMATION

Moviprep Afternoon Appointment Bowel Prep Instructions



How to prepare & take Moviprep



Each box of Moviprep contains two sealed plastic bags...



...1x 'sachet A'
+ 1x 'sachet B'...



...pour 1 sachet A and 1 sachet B into a jug...



...make up to 1 litre with water (not chilled)...



...and stir until dissolved (solution is clear or slightly hazy).



Drink one glass full (250ml) every 15-30 minutes until you have drunk it all (over about 1-2 hours). Take your time - there is no need to rush.

You should also drink an additional 500ml of water or clear fluids* after each dose.

*Clear fluids include water, clear soup, fruit juice **without pulp**, diluted cordials (NOT blackcurrant), soft drinks, herbal tea, black tea and/or coffee **without milk**.

Key points to remember:

- Do not eat anything from 3pm on the day before your procedure until after your hospital appointment.
- Take 1 litre of Moviprep the evening before your examination.
- Take 1 litre of Moviprep early in the morning of your examination.
- To prepare each dose, pour the contents of one sachet A and one sachet B into a jug, make up to 1 litre with water (not chilled).
- Drink an additional 500ml of water or clear fluids* with each dose taken.
- If you take any oral medicine, do not take it an hour either side of drinking your dose.

After you drink Moviprep you will have lots of **watery bowel movements**, so stay near a toilet because you may need to use it urgently.

Always read the label. It is extremely **important to complete** your bowel preparation **fully** as instructed because your doctor will need to have a clear view of the inner lining of your bowel.

For full details, please refer to the Patient Information Leaflet supplied with your box of Moviprep.

Reporting of side effects in the United Kingdom

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

Reporting of side effects in Ireland

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly to the HPRA, via www.hpra.ie or by calling (01) 676 4971. By reporting side effects you can help provide more information on the safety of this medicine.

A patient information service from Norgine.

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PREPARING FOR YOUR

AFTERNOON APPOINTMENT



YOUR APPOINTMENT TIME:



Unless your doctor or nurse tells you otherwise, start taking MOVIPREP® on the day before your procedure.



DO NOT EAT from 3pm until **AFTER** your procedure (or as instructed by your healthcare professional)



DO NOT DRINK from 2 hours before your procedure

THE DAY BEFORE YOUR PROCEDURE

Do not eat anything after 3pm

Do not eat again until after your procedure

3pm (After a light lunch)	7pm
<ul style="list-style-type: none"> Following a light lunch, even if you feel hungry, do not eat anything after 3pm, because your bowel must be completely empty for the procedure. You can have clear soup, fruit juice without pulp, diluted cordials (not blackcurrant), soft drinks, herbal tea, black tea and/or coffee without milk. All your drinks must be clear because then you know there is no fibre in them. 	<ul style="list-style-type: none"> At about 7pm, make up your first litre of Moviprep (sachets A and B) and drink it over 1–2 hours. After you drink the first dose of Moviprep you will have lots of watery bowel movements, so stay near a toilet because you may need to use it urgently. It is important to drink an additional 500ml of water or clear fluids* after this dose before going to bed. Allow 2 hours after finishing the first litre of Moviprep to work, before going to bed. You can go to bed when you stop going to the toilet (for example 10pm).

THE DAY OF YOUR PROCEDURE

6am	
<p>Remember, do not eat anything.</p> <ul style="list-style-type: none"> At 6am make up and drink your second litre of Moviprep (sachets A and B) over the next 1–2 hours. It is important to drink an additional 500ml of water or clear fluids* after this dose. 	<ul style="list-style-type: none"> Allow 2 hours after finishing the second litre of Moviprep to work, before leaving for your appointment. DO NOT DRINK from 2 hours before your procedure.

For your light lunch

(on the day before your procedure)

Whilst a low fibre diet is not essential for patients using Moviprep, for the best results in cleansing, the following dietary approach is advised.

LOW FIBRE FOODS WHICH ARE PREFERRED ✓

White meat, skin-less chicken, grilled or poached fish	White bread, pasta, rice, boiled or mashed potatoes
Cheese, eggs, tofu	Water, fizzy drinks, fruit squash (NOT blackcurrant)
Ice cream, custard, clear jelly (NO red or blackcurrant jelly) boiled sweets	Clear soups Tea or coffee
Butter/margarine	Shredless marmalade or jam

HIGH FIBRE FOODS WHICH SHOULD BE AVOIDED ✗

Red meat, sausages and pies	Nuts and pulses, including baked beans
Any fruit or salad	Wholemeal pasta, brown rice
Puddings containing fruit or nuts	Vegetables
Potato skins or chips	Cakes and biscuits
Wholemeal, brown or seeded bread	Yoghurts