

Patient information

Having a colonoscopy

With MoviPrep®

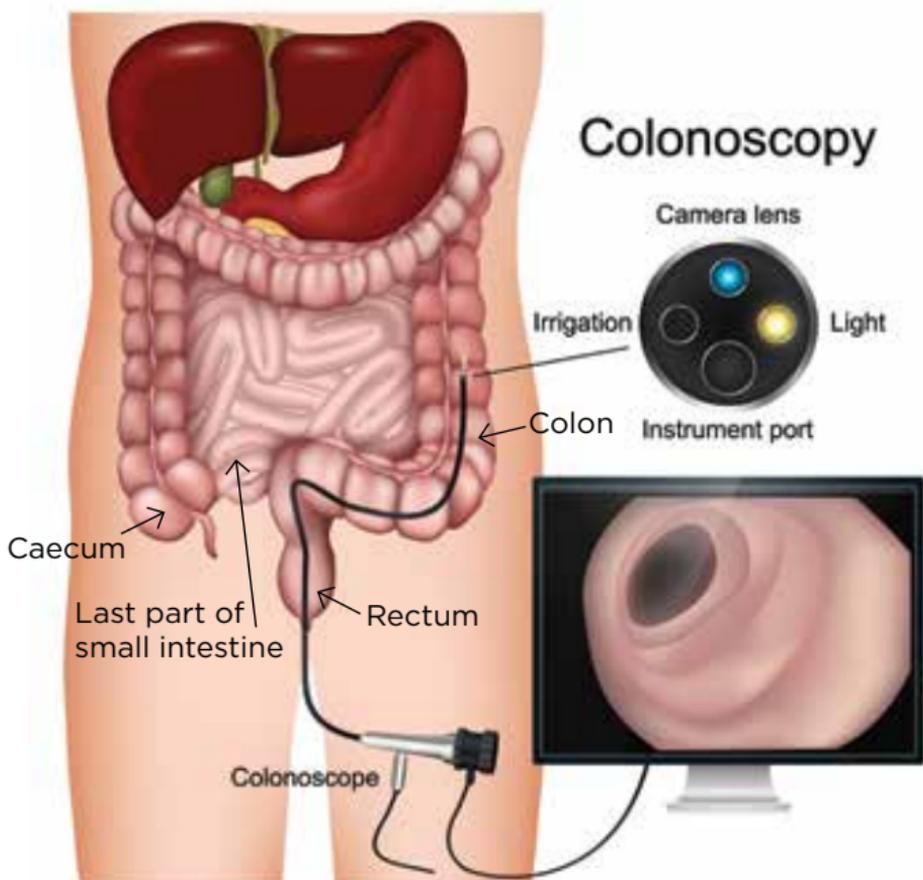
**For a morning
procedure**



NEW VICTORIA
HOSPITAL

What is a Colonoscopy?

A colonoscopy is a routine test to examine the lining of your bowel, also called the large intestine or colon. This is done using an endoscope, which is a flexible tube, about the thickness of a (little) finger, which has a camera and light at one end.



Why do I need a colonoscopy?

- You may be offered a colonoscopy to investigate symptoms, such as bleeding from your bottom or a change in your bowel habits (for example, going to the toilet more often, diarrhoea or constipation).
- You have a strong family history of bowel cancer.
- Investigating symptoms of inflammatory bowel disease (for example, ulcerative colitis or Crohn's disease), and monitoring your bowel if you've been diagnosed with these conditions
- Monitoring your bowel if you've previously had a polyp or cancer removed.

Why do I need to prepare for this procedure?

Your bowel needs to be empty for the colonoscopy, so that the doctor can see the lining of your bowel. To achieve this you will need to alter your diet and take specific preparations for a few days before the procedure. These changes are explained in this leaflet.

Preparation:

Five days before your colonoscopy

- Eat and drink as normal.
- Please consult your doctor if you are taking any blood thinning medications. You might have to stop taking them.

Four days before your colonoscopy

- Eat and drink as normal.
- Stop taking any medicines that contain iron, as the active ingredient (these will have iron, ferrous, ferric or ferredetate in the name of the medicine).
- Continue to take all other medicines as usual.

Three days before your colonoscopy

- Eat and drink as normal.
- Stop taking any medicines, including over the counter medicine that contain codeine phosphate.
- Stop taking any medicines that contain loperamide.
- Continue to take all other medicines as usual.

Two days before your colonoscopy

- Drink plenty of fluids, aim for two litres per day.
- Start restricted eating having small meals from the guide as this will help the bowel preparation medicine work properly.
- Do not eat foods containing fibre.
- Stop taking any bulk-forming laxatives now. These include: • Isphaghula (e.g. Fybogel®) • Methylcellulose (as in Celevac®) • Bran • Sterculia (as in Normacol®)

Please see below for a guide on what to eat and what to avoid:

You can eat/drink:	Don't eat/drink:
Well cooked, lean beef, lamb, ham, veal or pork	Fruit, including fresh, dried and canned
Fish, shellfish or poultry	
White rice, noodles or white pasta	Brown rice , brown pasta
Cereal including cornflakes and crisped rice cereal	Hi-fibre breakfast cereals (including porridge oats)
White bread or toast	Pulses or lentils
Plain biscuits	Hi-fibre, multi-seeded, 50/50 or wholemeal bread
Eggs, especially boiled or poached	
Butter/margarine/cheese	Vegetables
Milk, cream, cottage cheese	Nuts/seeds
Potatoes without the skins; boiled, creamed, mashed or baked	Roasted, deep fried (chips)
Soya and tofu	Jam
Gravy made from stock cubes	Red cordial
Sugar or sweetener	Red jelly
Clear jelly	Crisps
Water, cordial, fizzy drinks, clear strained soup	Fruit juice

The day before your colonoscopy

- Take your regular morning medicines unless you have been instructed otherwise.
- Have a light breakfast before 10am
- After breakfast do not eat any solid food until after your procedure

Recommendations

- Drink clear fluids only after you stop eating. This may include water, squash, fizzy drinks, clear strained soup or clear stock. Aim for two litres (about eight to ten glasses) in total throughout the day not including the bowel preparation.
- You can drink black tea or coffee without milk.
- It is best to avoid alcoholic drinks, medicines and laxatives

On the day of your colonoscopy

- You should continue to take all of your medications as normal, unless you have been told otherwise by the doctor.
- Drink plenty of clear fluid – you can drink up to two hours before your examination*
- Please make sure you have someone that can take you home and will stay at home with you.

How should I take the bowel preparation?

Please follow the instructions and time schedules in this leaflet and not the instructions on the packet.

On the day before your procedure:

4pm	Empty one sachet A and one sachet B of Moviprep® into one litre of water and stir until dissolved. Drink this over the course of an hour /an hour and a half.
8pm	Dissolve the second sachet of A & B Moviprep® as before and drink over an hour/ an hour and a half.

If you have any other preparation prescribed please contact your doctor, pharmacist or the Endoscopy team at New Victoria Hospital on **020 8949 9000**, for more information.

Will I have any side effects?

You may have some bloating or stomach cramps – this is normal. Remember to keep drinking clear fluids to stop you from becoming dehydrated.

Please report any allergic reactions to the preparation such as rash, itchiness, or redness to the endoscopy unit or your GP. In very rare cases you may have a reaction that causes swelling of the face, lips, tongue or throat. If this happens seek medical help immediately.

Other information

If you are taking the contraceptive pill it may not be effective once you have taken the bowel preparation, so you must use other precautions (such as condoms) to avoid pregnancy. If you miss a pill please refer back to the manufacturer's instructions. Please speak to your GP, pharmacist or family planning clinic for further advice on contraception.

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				Next Review	06/28