

# PATIENT INSTRUCTION SHEET FOR MOVIPREP

Appointment Day: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

**MOVIPREP** is a purgative solution that can be purchased from the pharmacy. The successful examination of your bowel relies on the large bowel being as clean as possible. Please follow the instructions carefully.

**..... DAY 3 Days Prior to your procedure:**

If you tend to get constipated, or sometimes require a laxative, talk to your physician

**STOP EATING FOODS THAT CONTAIN NUTS, WHOLE GRAINS, SKINS or SEEDS.**

**AVOID:** Wholegrain bread, fibre enriched white bread, wholemeal (brown) rice or pasta, muesli, oats (porridge). Dishes containing vegetables, legumes, such as beans or lentils. Raw fruit and vegetables. Dried fruit and nuts and seeds.

**ALLOWED :** White bread / panini / muffin (plain or toasted), cornflakes, rice bubbles, lean Meat, poultry, fish, mince, white rice, white pasta, skin free potato or pumpkin mashed / steamed or baked, Crackers e.g. *sao, jatz*, *cruskits*, Milk, plain yoghurt, cheese, sour cream, butter/margarine, eggs, vegemite, honey.

**Drink plenty of fluids, approximately 3 litres throughout the day**

**PLEASE NOTE:** As with all pharmaceutical products please read the MOVIPREP instructions carefully.

If you have any questions please talk to your Doctor or Nurse.

DO NOT take oral medication 1 hour either side of drinking your MOVIPREP.

Please follow instructions given by your Doctor regarding medications

Morning Procedure (7am - 2pm):	Afternoon Procedure (2pm - 6pm):
<p><b>.....DAY: The day before your procedure:</b> have breakfast before 9am, still avoiding foods containing nuts, whole grains, skins or seeds. <u>After this meal you will be on CLEAR FLUIDS ONLY until instructed otherwise</u></p> <p><b>1<sup>st</sup> dose At 4pm</b> (earlier if preferred) Prepare and then Drink the 1 litre of MOVIPREP over 1 hour (1 cup every 15mins is recommended). Follow by 500mls (2 cups) of clear fluids in the next 30mins.</p> <p>MOVIPREP can be interspersed with clear fluids if preferred.</p> <p>It is important to finish the full 1L of MOVIPREP.</p> <p>Continue clear fluids</p> <p><b>2<sup>nd</sup> dose at 7pm</b> (or a min 2hrs since finishing your first dose of MOVIPREP) prepare your second dose of MOVIPREP. Repeat as above.</p> <p><b>Continue consuming clear fluids until 6hrs prior to your admission and then water only, to a maximum of 200ml per hour, until your procedure time.</b></p>	<p><b>..... DAY: The day before your procedure:</b> Have breakfast and lunch before 12 noon, still avoiding foods containing nuts, whole grains, skins or seeds. <u>After this you will be on CLEAR FLUIDS only.</u></p> <p><b>1<sup>st</sup> dose: At 6pm</b> (earlier if preferred) Prepare and then drink the 1 litre of MOVIPREP over 1 hour (1 cup every 15mins is recommended). Follow by 500mls (2 cups) of clear fluids in the next 30mins. Commence with MOVIPREP but clear fluids can be interspersed with MOVIPREP if preferred. It is important to finish the full 1L of MOVIPREP.</p> <p>Continue clear fluids</p> <p><b>2<sup>nd</sup> dose:.....DAY: ON the day of your procedure: 8 hours prior to your admission</b> prepare your second dose of MOVIPREP. Repeat as above.</p> <p><b>Continue consuming clear fluids until 6hrs prior to your admission and then water only, to a maximum of 200ml per hour, until your procedure time.</b></p>

THE PREPARATION WORKS QUICKLY AND THE EFFECTS LAST FOR 2-3 HOURS, or longer in some cases, therefore, you will need nearby access to toilet facilities, plan your day accordingly. The preparation will cause multiple bowel movements and watery stools.

**Approved Clear Fluids:** Water, black tea or coffee, clear soup/broth, soft drink or cordial (no red, green or purple), pulp free orange juice or clear apple juice, yellow or orange jelly, electrolyte drinks (example gatorade) **NO** milk. Pease ensure you have a variety of different fluids.

**DAY OF EXAMINATION: .....**

Take your usual medication (heart, blood pressure tablets) with a sip of water.

**Continue drinking water only until your admission time. To a maximum of 200 ml per hour.**

**ADMISSION TIME: .....**

Admission time is subject to change please allow for appropriate scheduling.

A staff member will ring 1-2 days prior to confirm all arrangements.

## How to take MOVIPREP®

1. Each box of MOVIPREP® contains
  - 2 clear bags. Each contains
  - 2 sachets, marked A and B.
2. Open one clear bag and remove sachets A and B.
3. Empty the contents of sachet A and sachet B into an empty jug.
4. Add 1 litre of water (not chilled).
5. Stir the solution until the powder has dissolved and the MOVIPREP® solution is clear or slightly hazy. This may take up to 5 minutes.
6. Drink one glassful (250ml) of MOVIPREP® about every 15 minutes until the jug is empty.
7. Over the course of the next half hour, drink 2 x 250mL glassfuls of clear fluid.

**When you are due to take the second litre of MOVIPREP® follow steps 1-7 again for the other sachets A and B in the second clear bag.**



## THE SYDNEY CLINIC FOR GASTROINTESTINAL DISEASES

### **Important Information regarding bowel preparations and the possible complications.**

As you are about to undergo a colonoscopy you will need to know some details about the risks and benefits of the bowel preparation which you will be required to take prior to your procedure.

The bowel preparation is intended to clean the bowel completely so that there is good visualisation of the whole colonic lining and any polyps are able to be removed.

There is a small risk of the bowel preparation causing dehydration and an imbalance to the electrolytes in the blood stream. It is important that you keep well hydrated and follow the bowel preparation instructions diligently.

To ensure that the risk of dehydration and electrolyte imbalance is minimised, you will need to do the following:

- drink a variety of different fluids frequently
- if you take blood pressure medications containing diuretics or oral diabetic medications they will need to be stopped as instructed by your specialist and your colonoscopy instruction sheet
- if you develop a severe headache, uncontrollable nausea and vomiting or a fainting episode stop the preparation and seek medical advice

The bowel preparation will induce significant diarrhoea so you will need to be close to a toilet which is easily accessible. Rushing to the bathroom may put you at risk of having a fall so be extra careful. If you use a walking aid make sure it is nearby.

If you are over the age of 75, have a tendency to fainting, or have multiple health problems it is advisable to have someone at home with you whilst you are taking the bowel preparation.

If you have any concerns, please do not hesitate to contact your GP, Specialist or one of the clinic nursing staff for help. You may require a consultation prior to commencing the bowel preparation if you have a lot of other health issues, take multiple medications or have had significant changes in your health since you were last seen by your Specialist.

It is a requirement of The Australian Commission of Quality & Safety in Health Care, and Medicare that you understand the risks and benefits of having a colonoscopy and taking the bowel preparation.