Preparing for your **MORNING** appointment

How to prepare and take MOVIPREP ®

Each box of MOVIPREP ® contains two sealed plastic bags, each containing 1 sachet A and 1 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 clear or slightly hazy)

Drink one glassful (250 ml) of the MOVIPREP ® 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 500 ml of water or clear fluids with each litre of MOVIPREP ® taken

Key points to remember

* Do not eat anything after breakfast on the day before your examination until after your hospital appointment
* Take 2 litres of MOVIPREP ® the night before your examination
* To prepare 1 litre of MOVIPREP ® put 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 500 ml of water or clear fluids with each litre of MOVIPREP ® taken
* If you take any oral medicine, do not take it an hour either side of drinking your dose of MOVIPREP ®

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

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](http://www.mhra.gov.uk/yellowcard).

By reporting side effects you can help to provide more information on the safety of this medicine.

Unless your doctor or nurse tells you differently, start taking MOVIPREP ® on the day before your examination

The day before your examination

Do not eat anything after 9am (after breakfast)

Do not eat again until after your examination

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| 9am (after breakfast) | 5pm | 8-9pm | |
| Following breakfast, even if you feel hungry, do not eat anything after 9am, because your bowel must be completely empty for the examination. You can have clear soup, soft drinks or black coffee or tea (without milk). Add sugar if you like. All your drinks must be clear because then you know there is no fibre in them. | At about 5pm, make up your first litre of MOVIPREP ® (sachets A and B) and drink it over 1-2 hours.  Have a rest for 2 hours.  **It is important to drink an additional 500 ml of water or clear fluid with each litre of MOVIPREP ® during the evening.** | At about 8-9pm, make up your second litre of MOVIPREP ® (sachets A and B) and drink it over 1-2 hours.  **It is important to drink an additional 500 ml of water or clear fluid with each litre of MOVIPREP ® during the evening.** | Allow 2 hours for MOVIPREP ® to work after finishing the second litre.  You can go to bed when you stop going to the toilet (for example 11pm) |

For your breakfast

(on the day before your examination)

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

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| **Low fibre foods which are preferred** | | **High fibre foods which should be avoided** | |
| Eggs | Tea, coffee | Breakfast cereals | Any fruit or salad |
| White bread / toast / butter / margarine | Croissants | Bacon, sausages,  black / white pudding | Wholemeal or brown bread |
| Water, fizzy drinks, fruit squash (NOT blackcurrant) | Shredless marmalade or jam | Fruit and nuts | Yoghurts |
| Baked beans |

The day of your examination

Remember, do not eat anything

Leave in good time for your hospital appointment