Preparing for your **AFTERNOON** 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 1pm on the day before your examination until after your hospital appointment
* Take 1 litre of MOVIPREP ® the night before your examination
* To prepare 1 litre of MOVIPREP ® pour the contents of one sachet A and one sachet B into a jug, make up to 1 litre with water (not chilled)
* Take 1 litre of MOVIPREP ® early in the morning of your examination
* 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 1pm (after lunch)

Do not eat again until after your examination

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| 1pm (after a light lunch) | 7pm | |
| Following lunch, even if you feel hungry, do not eat anything after 1pm, 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 7pm, make up your first litre of MOVIPREP ® (sachets A and B) and drink it over 1-2 hours.  **It is important to drink and additional 500ml of water or clear fluids during the evening.** | Allow 2 hours for MOVIPREP ® to work after finishing the first litre, before going to bed.  You can go to bed when you stop going to the toilet (for example 10pm) |

For your lunch

(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** | |
| White meat, skinless chicken, grilled or poached fish | White bread, pasta, rice, boiled or mashed potatoes | Red meat, sausages and pies | Nuts and pulses, including baked beans |
| Cheese, eggs, tofu | Water, fizzy drinks, fruit squash (NOT blackcurrant) | Any fruit or salad | Wholemeal pasta, brown rice |
| Ice cream, custard, clear jelly (NO red or blackcurrant jelly), boiled sweets | Clear soups, tea or coffee | Puddings containing fruit or nuts | Vegetables |
| Butter / margarine | Shredless marmalade or jam | Potato skins or chips | Cakes and biscuits |
| Wholemeal or brown bread | Yoghurts |

The day of your examination

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| 6am | |
| Remember, do not eat anything  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 during the morning.** | Once again you will have watery bowel movements which will stop after 1-2 hours, allowing you to leave home in good time for your hospital appointment. Allow 2 hours for MOVIPREP ® to work after finishing your second litre, before leaving for your appointment |