

Endoscopy department

How to take Moviprep (bowel prep)

Information for patients, relatives and carers

Introduction

You have been prescribed Moviprep as a laxative to empty your bowel in preparation for your colonoscopy.

As Moviprep has very little taste, it is better taken cold from the fridge.





You may wish to add clear fruit cordial, such as orange or lime squash, to make it more pleasant to drink.

If you experience nausea, vomiting or abdominal (tummy) pain, please contact the endoscopy department using the numbers on the front of this leaflet and ask to speak to a nurse.

Please see the tables below for instructions on taking Moviprep.

If you have been prescribed **Moviprep** and your appointment is in the **morning**

Start the Moviprep at **14.00** the day before the procedure.



14.00	➔	Dissolve Moviprep 'Sachet A' and 'Sachet B' in 1 litre of water	
14.00-16.00	➔	Drink a glassful of the solution every 15 to 30 minutes until the litre is finished. Tick the diagrams as you go through the solution	
16.00-18.00	➔	Drink a glassful of water every 15 to 30 minutes. Tick the diagrams as you go through the solution	
18.00	➔	Dissolve Moviprep 'Sachet A' and 'Sachet B' in 1 litre of water	
18.00-20.00	➔	Drink a glassful of the solution every 15 to 30 minutes until the litre is finished. Tick the diagrams as you go through the solution	
20.00-22.00	➔	Drink a glassful of water every 15 to 30 minutes. Tick the diagrams as you go through the solution	

If you have an **afternoon** appointment, please use the instructions on page 3.



If you have been prescribed Moviprep and your appointment is in the afternoon

Start the Moviprep at 16.00 the day before the procedure.

Please note, only half of the prep is to be taken the day before the procedure. The rest of the prep must be taken the morning of the procedure as outlined below.

16.00	➔	Dissolve Moviprep 'Sachet A' and 'Sachet B' in 1 litre of water	
16.00-18.00	➔	Drink a glassful of the solution every 15 to 30 minutes until the litre is finished. Tick the diagrams as you go through the solution	
18.00-20.00	➔	Drink a glassful of water every 15 to 30 minutes. Tick the diagrams as you go through the solution	

Take the rest of the prep the next morning as follows:

06.00	➔	Dissolve Moviprep 'Sachet A' and 'Sachet B' in 1 litre of water	
06.00-07.00	➔	Drink a glassful of the solution every 15 to 30 minutes until the litre is finished. Tick the diagrams as you go through the solution	
07.00-08.00	➔	Drink a glassful of water every 15 to 30 minutes. Tick the diagrams as you go through the solution	

If you have a **morning** appointment, please use the instructions on page 2.