

## Taking Moviprep for a Morning Colonoscopy Appointment

“Hi, this video is for patients who are have an **morning** appointment for their colonoscopy. We are going to talk you through taking your bowel preparation before your colonoscopy. Good bowel preparation is essential to ensure a successful colonoscopy and this can be achieved by following these instructions and those in our separate colonoscopy diet video.”

“We will begin by showing you how to make your Moviprep solution. Rarely, we use other bowel preparation solutions here in St Vincent’s, such as Kleenprep and Plenvu, and you should follow the instructions given with these medications.”

“First, you will measure 1 Litre, or 1  $\frac{3}{4}$  pints, of water into a container, such as a jug. Some patients find that the taste is improved by chilling the water in the fridge before making the solution.”

“As you can see in the Moviprep box, there are two sealed plastic bags. Each bag contains an A and a B sachet. This is because the Moviprep is taken over two doses. Open one sealed bag and pour the contents of sachet A and sachet B into the water, stirring until it is completely dissolved.”

“You can add a dash of clear cordial, such as lime cordial, to the solution to improve the taste. You cannot add dark cordial, such as blackcurrant flavour.”

“Now you have made your first dose of bowel preparation. When you are required to make up the second dose of bowel preparation, please repeat the above steps.”

“The timing of your Moviprep is very important. You should not eat any solid food after having your breakfast that morning. Please see our colonoscopy diet video for more information. At **5pm** you should begin with your first dose of Moviprep. You should drink this solution over 1-2 hours.”

“After you drink Moviprep, you will have frequent and urgent watery bowel movements, so it is important to stay near a toilet. You may develop tummy bloating or discomfort. If this happens, you should drink the solution more slowly, or walk around until you feel better.”

“After the first dose of Moviprep, you should drink an extra 500ml, 1 pint, of water or clear fluids during the evening.”

“At **around 8 or 9pm**, you should make the second dose of Moviprep solution and drink it over 1-2 hours. You should drink an extra 500ml, 1 pint, of water or clear fluids after this dose also.”

“You can continue to drink clear fluids until **midnight**. No solid food should be taken. You should fast completely from **midnight** onwards, this means having nothing to eat or drink until after the procedure. If you have been advised to take any medications on the morning of the procedure, **you should do so with a small sip of water early in the morning.**”