

Taking Moviprep if your colonoscopy is in the morning



A: What is Moviprep



Moviprep is a drink that helps to clear your body of all its poo.



You must take your Moviprep before your colonoscopy exam.



A colonoscopy exam is where a camera goes up your bottom to check how healthy your bowel is.

B: What you need to do SEVEN DAYS before you take your Moviprep



FOLLOW the low residue diet. Your easy read guide tells you about the low residue diet.



YOU MUST stop **any iron tablets** or multi-vitamins with iron **seven days before** your colonoscopy exam.



Senna tablets help you to go for a poo.



If you go to the toilet for a poo only once, twice or three times a week you must take Senna tablets.



Start taking **two Senna tablets** each night, **3 days before** you take the Moviprep.



You should also take another 6 Senna tablets, in one go, **4 hours before taking Moviprep.**



You could look at the date of your appointment and make a timetable of what you need to in the week before your appointment.

C: The day before your Colonoscopy test



Have your breakfast before 9am.
Do not eat anything after 9am.

If you are hungry you can have:





Flavoured water



diluted juice



Fruit juice WITHOUT BITS



Oxo/ Bovril

TAKE YOUR USUAL MEDICATION 1 HOUR BEFORE AND 1 HOUR AFTER YOU TAKE YOUR MOVIPREP

How to take your Moviprep



Take your first dose of Moviprep at 5 pm. Remember it is the day before the test.



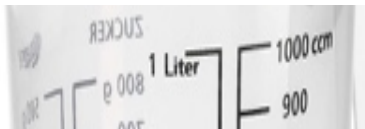
1: Each box of Moviprep contains two sealed plastic bags.



2: Open **one** of the sealed bags and take out sachet A and sachet B.



3: Pour sachet A and sachet B into the same jug.



4: Add **1 litre** of water to the jug.

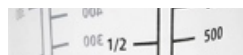
DRAFT



5: Stir until all the water becomes **clear**. This could take up to 5 minutes.



6: Drink one glassful of Moviprep every 15-30 minutes **until you have drunk it all** (over about 1-2 hours)



7: In the evening you must drink $\frac{1}{2}$ a litre of water or a clear drink during the evening.



Take the second dose of Moviprep 2 hours after finishing the first dose.



Make up and drink your second litre of Moviprep (sachets A and B) over the next 1-2 hours. Follow the instructions from 1 to 6 again.



You will need to drink another ½ a litre of water or a clear drink during the evening. You do this for the first dose and the second dose of Moviprep.

D: The day of the test



Stop drinking 2 hours before your appointment.



DO NOT eat any food on the day of your test until after the test is completed.

People who can support you



It is very important that you follow all the steps before your colonoscopy.

If you don't you may not be able to have the examination.



We know that for some people it can be very confusing.

These people can help you.



Your hospital team



GP Surgery



Your family



Your Support Worker



Your community nurse