

How to take your extended bowel preparation for a morning colonoscopy appointment

It is essential that your bowel is empty for this investigation.

In order for your bowel to be empty please follow the instructions below:

7 days before your appointment

If you have **diabetes** or are taking any medication that thins your blood, other than **aspirin** (which you can remain on) please contact the relevant Endoscopy Unit on the Medication Advice Line (answer phone). The telephone number is at the end of this leaflet.

Stop taking any of the following medication:

- Imodium[®] (loperamide)
- Codeine phosphate
- Lomotil[®] (co-phenotrope)
- Iron tablets
- Fybogel[®] (ispaghula husk)

Please note, all other medications such as heart tablets and blood pressure tablets should be continued as normal, including on the day of your test.

5 days before to the appointment

Start on a low fibre diet. Eat foods only from the following list:

- Eggs – boiled or poached
- White fish
- Chicken
- Lean meat for example beef, lamb, veal or ham
- Gravy using stock cubes (white flour or corn flour to thicken)
- White bread or rolls (No seedy bread)
- Potatoes – boiled or mashed (no skins)

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Department

Endoscopy

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Patient Information

- Pasta/noodles
- White rice
- Butter/margarine – use sparingly
- Clear jelly (not red) without fruit pieces
- Sugar/honey/syrup/treacle/jelly (e.g. bramble jelly)/jams/marmalade (without peel)
- Boiled sweets or clear mints
- Tea/coffee
- Herbal tea – clear (avoid red colours)
- Lucozade[®], water, soda water
- Fizzy drinks, squashes, clear fruit juice (no bits)
- Quorn, tofu, textured vegetable protein

Do not fry food and avoid seeds especially sweetcorn.

Drink plenty of fluids.

1 day before your appointment

At **8:00am** have a good breakfast of food taken from the low fibre list, after this, do not eat **any** solid food.

Drink plenty of clear fluid (tea/clear herbal tea/coffee/fruit squash/carbonated water drinks or plain water). You may have small amounts of milk in tea or coffee.

At **12:00 noon** combine and dissolve 1 sachet A and sachet B of Moviprep in 2 pints (1 litre) of water and drink this over 1 hour.

At **2:00pm** take 2 tablets of Senokot with a full glass of water.

At **4:00pm** combine and dissolve 1 sachet A and sachet B of Moviprep in 2 pints (1litre) of water and drink this over 1 hour.

At **6:00pm** take 2 tablets of Senokot with a full glass of water.

Drink a further 2 pints (1litre) of fluid before going to bed.

Moviprep can be flavoured with clear fruit juices (such as apple) or clear squash (such as lemon). Moviprep can also be chilled in the fridge.

**Patient
Information****Morning of your appointment**

At **6:00am** combine and dissolve 1 sachet A and sachet B of Moviprep in 2 pints (1 litre) of water and drink this over 1 hour.

Clear fluids only should be taken this morning – **no solid food**.

It is important that you do not become dehydrated. Clear fluids can be drunk up to the time of your appointment. You may bring a bottle of water with you to your appointment.

You should expect frequent bowel actions and eventually diarrhoea. Some cramping in your stomach is normal.

Your bottom may become quite sore. Please use a barrier cream to stop any irritation. There are many products available from your local pharmacy.

If you experience difficulties

Sometimes the bowel preparation may cause side effects such as nausea, vomiting, abdominal pain. If you have any allergies, please check the preparation ingredients before taking.

If you feel that you will be unable to complete the bowel preparation successfully, you must contact the relevant Endoscopy Unit for advice.

Contact information**Medication Advice Line (answer machine)**

If you have any questions relating to your medication, please leave a message and a member of staff will return your call:

Cheltenham General Hospital

Tel: 0300 422 3370

Gloucestershire Royal Hospital

Tel: 0300 422 8232

Patient Information

Other Endoscopy Units

Cirencester Hospital

Tel: 0300 421 6294

Monday to Friday; 8:00am to 6:00pm

Stroud General Hospital

Tel: 0300 421 8073

Monday to Friday; 8:00am to 6:00pm

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>