

Bowel preparation instructions for colonoscopy (morning appointment)

Enclosed are sachets of Moviprep. Please follow these instructions carefully to ensure the bowel is properly cleansed. This is essential for an accurate and comfortable examination.

FOURTEEN DAYS BEFORE YOUR COLONOSCOPY

If you are taking Warfarin or Clopidogrel (Plavix) contact your cardiologist or anticoagulant clinic for instructions. If you are diabetic it is important that you discuss the procedure with the doctor who manages your medication before your appointment.

FOUR DAYS BEFORE YOUR COLONOSCOPY

Stop taking iron tablets, constipating agents (such as Lomotil or codeine compounds) or bulking granules (such as Fybogel, Regulan, etc). Continue with all other medication and any laxative that you normally take even on the day of your appointment.

TWO DAYS BEFORE YOUR COLONOSCOPY

Eat only foods from the following list:

- poached or steamed white fish
- poached chicken
- egg
- cheese
- white bread
- butter or margarine
- rich tea biscuits
- potato (no skin)

Have plenty to drink.

Do not eat high fibre foods such as red meat, fruit, vegetables, cereals, salad, mushrooms, nuts, sweet corn, wholemeal bread, etc.

ONE DAY BEFORE YOUR COLONOSCOPY

Have a good breakfast taken from the permitted list above. After this do not eat until after your examination. Drink plenty of clear fluids, black tea, black coffee, squash, carbonated drinks, water, clear soup, Bovril, Oxo, etc. Beer, white wine and spirits are permitted in moderation.

At 2pm

Commence the bowel preparation as follows:

- mix up two litres of Moviprep according to the instructions in the pack
- put ½ litre in the fridge for the following morning

INFORMATION FOR PATIENTS

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- start to drink the solution, aiming to drink the first 1 ½ litres over the next three to four hours
- There is no need to rush. You may find that drinking it through a straw or adding flavouring or ice may help
- boiled sweets, mints or toffees are allowed if you are hungry
- Drink up to one extra litre of clear fluid from the list above, in addition to the bowel preparation, during the evening. You will have diarrhoea; do not worry as this is normal.
- Please apply a barrier cream such as Vaseline or zinc and castor oil to your bottom to help prevent soreness. Soft toilet paper or wet wipes will also help. When you feel comfortable try to get a good sleep.

ON THE DAY OF YOUR COLONOSCOPY

At 6am drink the remaining ½ litre of Moviprep along with plenty of clear fluids. Refer to the leaflet in the pack for full information. Drink a further half litre of clear fluid as well. Allow enough time for your bowels to empty.

IMPORTANT

Please remember to stop drinking all fluids one hour before your colonoscopy.

If you are booked for a gastroscopy as well, please stop drinking fluids two hours before your procedure.

Check your appointment time carefully in advance. If for whatever reason you feel the preparation has not worked adequately please attend the Endoscopy Unit one hour before your scheduled appointment. This will allow the nursing staff to administer an enema.

When your procedure is imminent, a nurse will check you in, ask some questions and take your blood pressure. You will be in the unit for 1½ - 2 hours, so please bring something to read.

Strong sedation may be used, so for your own safety and that of others, please make arrangements to be accompanied home.

After sedation it is not safe to drive or go home alone by public transport or on foot because sedation impairs your attention and concentration. If at any stage you have any problems taking the preparation or have any other concerns please call the Endoscopy Unit.

CONTACT

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For out of hours enquiries please call

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T 020 7935 4444 and ask for Bleep 014 (24 hours).