

ADULT MOVIPREP INSTRUCTIONS FOR A MORNING APPOINTMENT

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| Five Days before the Test | Stop taking Iron tablets. |
| Three Days before the Test | <ol style="list-style-type: none"> 1. Stop taking medications such as codeine and loperamide and stool bulking agents such as fybogel, as these can reduce the effectiveness of the preparation. 2. If you suffer from constipation speak to your pharmacist or take your usual laxatives before you need to start drinking the Moviprep (do not exceed your maximum dose). |
| Two Days before the test | You should eat a low residue (low fibre) diet. This reduces the stool residue in the bowel. |
| The day before your test | <u>NO solid food after breakfast</u> You can continue to have fluid, clear soup, soft drinks or black tea or coffee <u>(NO MILK)</u> |
| At 6.00pm the evening before your test | Take both litres of Moviprep following the instructions below |
| After your test | You should return to your usual diet and regular medication unless advised otherwise |
| Please adhere to the low residue diet advice sheet as certain foods can affect the outcome of your test and may result in a failed test. | |

How to take MOVIPREP

1. Empty the contents of **ONE sachet A** and **ONE sachet B** in to a jug and add 1 litre (1¾ pints) of cold water and stir until dissolved. (if desired, cordial can be added to taste).
2. Drink 250ml (½ pint) of Moviprep mixture every 15-30 minutes until you have drunk it all (usually over about 1-2 hours - no need to rush).
3. It is important to drink an **additional** 500ml (1 pint) of water or fluid of your choice.
4. Have a rest for 2 hours
5. Make up your second litre of Moviprep as above and continue to drink, followed by 500ml water or fluid of your choice.
6. Allow 2 hours after taking the second litre for the Moviprep to work.
7. Go to bed when you stop going to the toilet (e.g. 11.00pm)

IT IS IMPORTANT THAT YOU ONLY DRINK CLEAR FLUIDS UP TO 2 HOURS BEFORE YOUR TEST.

MOVIPREP INSTRUCTIONS



STEP 1



Empty the contents of 1 sachet A and 1 sachet B in to a 1 litre Jug of water.

STEP 2



Stir until the solution is clear

STEP 3



Drink 1 glassful 250ml ($\frac{1}{4}$ litre or $\frac{1}{2}$ pint) of Moviprep every 15 minutes until you have drunk it all.