

ADULT MOVIPREP INSTRUCTIONS FOR AN AFTERNOON APPOINTMENT

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.
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.	
The day before your test	NO solid food after breakfast You can continue to have liquid, clear soup, soft drinks or black tea or coffee. (NO MILK)
6.00pm the evening before your test	Take 1 litre of MOVIPREP following the instructions below. This usually takes about 1 to 2 hours to complete.
8.00am the morning of your test	Take the remaining 1 litre of MOVIPREP following the instructions below. This usually takes about 1 to 2 hours to complete.

How to take MOVIPREP

1. About 6.00pm mix your first litre of MOVIPREP
2. Pour the contents of one sachet A and one sachet B in to a jug. Make this up to 1 litre of water and stir until dissolved. (If desired add additional cordial to taste)
3. Drink 250ml (1/2 pint) of MOVIPREP mixture every 15-30 minutes until you have drunk it all (usually over about 1-2 hours) – no need to rush.

It is important to drink an additional 500ml (1 pint) of water/clear fluids in the evening.

4. At 8.00am on the morning of the appointment, please mix the remaining sachets of Moviprep following the instructions above.
5. Drink 250ml (¼ pint) of MOVIPREP mixture every 15-30 minutes until you have drunk it all (usually over about 1-2 hours) – no need to rush.

It is important to drink an additional 500ml (1 pint) of water/clear fluids in the morning.

REMEMBER: ONLY DRINK CLEAR FLUIDS UP TO 2 HOURS BEFORE YOUR TEST. After your test, you should return to your usual diet and medication unless advised otherwise.

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.