



Instructions for MOVIPREP and PLENVU bowel preparation

Information for patients

Please follow these instructions carefully

- Your colon must be emptied completely of stool before your procedure. This allows your doctor to get a clear view of the lining of your bowel. If your bowel preparation is poor, your procedure will be stopped or an unsatisfactory result will be recorded as “unable to see clearly”. If this happens your test may need to be repeated.
- We advise you to change to a low fibre diet three days before your procedure, as fibre takes too long to clear through the system. See table below for ways to change your diet. You are advised to drink three litres of fluid a day (unless you are told otherwise due to a medical condition). This will make sure your stools are soft, and help avoid constipation.
- Please follow the instructions we have given you on how to take the enclosed MOVIPREP / PLENVU. **It is important that you follow the bowel preparation instructions completely.** The manufacturer's instructions in the MOVIPREP / PLENVU box tell you about possible side-effects. Including the effect on any other medications you are taking and health problems you may have.
- Drink all the medication and an extra 500mls of clear fluid with each litre of MOVIPREP / PLENVU.
- MOVIPREP / PLENVU can be chilled after mixing. Some people find it easier to drink through a straw. If you want to change the taste, cordial (not red or purple coloured) can be added to the MOVIPREP / PLENVU.
- Remember to stay near to a toilet once you start drinking the MOVIPREP / PLENVU. Taking this will give you diarrhoea. Place some barrier cream on your bottom to stop it getting sore.
- **If you are taking oral medication do not take it an hour either side of drinking either MOVIPREP or PLENVU**, as you will flush it through your system. Oral contraceptive (the pill) may not work whilst you are taking MOVIPREP or PLENVU. We advise that you use an alternative contraception until after your procedure.
- Take any essential medication with a small amount of water. This includes blood pressure, epilepsy, steroid, and heart medication.

- You may need to stop or change certain medication before your procedure. If you take any of the following medications, the Endoscopy Unit will call you with advice. If you have not heard from the unit three days before your procedure, please telephone the Endoscopy Unit (see contact details at the end of this leaflet).
 - Blood thinning tablets (to prevent blood clots), such as Warfarin, Apixaban, Rivaroxaban, Dabigatran, Edoxaban, Aspirin, Clopidogrel (Plavix), Dipyridamole (Persantin), Prasugrel (Efient), Ticegralor (Brilligie), or Acenocoumarol (Sinthrome).
 - If you are diabetic, and have not received an information sheet.
- If you are also having a gastroscopy, you must stop drinking two hours before your appointment time.

Food to eat	Food not to eat	Menu suggestions
Eggs (boiled, scrambled, fried, poached)	Fruit	Fish pie
Milk / custard / ice-cream (plain)	Vegetables	Ham and cheese ciabatta
Any cheese, except those that contain fruit	Red meat / bacon / sausages / pies	Chicken curry with white rice (no vegetables)
Chicken	Pulses (for example, kidney beans and baked beans)	Grilled pork with mash potatoes
Pork	Brown rice	Roast chicken / pork with roast potatoes and gravy
Ham and salami	Cereals (Weetabix, Shreddies, Alpen, bran)	Cheesy scrambled eggs of white toast
Fish / shellfish	Brown bread	Omelette with cheese and ham
Potatoes with skins off	Jams / marmalades	Ice-cream (plain) no fruit or bits
White rice	Puddings containing fruit or nuts	
White bread, rolls, bagels, naan, ciabatta, and croissants	Cakes and biscuits	
Marmite, Bovril		
Butter, margarine		

Only drink clear fluids after your last meal (any fluid you can see through, with no bits). For example, water, herbal tea, black tea, black coffee, fizzy drinks, clear soups, cordials / squash (not red or purple coloured), and clear fruit juice.

For information on what to eat if you follow a vegan diet, please ask a member of staff for the leaflet Low-fibre diet for vegans taking PLENUVU or MOVIPREP bowel preparation ([/low-fibre-diet-for-vegans-taking-plenvu-or-moviprep-bowel-preparation](#)).

Contact details

If you have any questions about taking MOVIPREP or PLENVU, please contact one of the Endoscopy Units. The units are open Monday to Friday 8am to 6pm and Saturday and Sunday 8am to 5pm.

- **Kent and Canterbury Hospital**, Canterbury
Telephone: 01227 783058
- **Queen Elizabeth the Queen Mother (QEQM) Hospital**, Margate
Telephone: 01843 234370
- **William Harvey Hospital**, Ashford
Telephone: 01233 616274

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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