



# PREPARING FOR YOUR MORNING APPOINTMENT



YOUR APPOINTMENT TIME: .....

## How to prepare & take MOVIPREP®



1 Each box of MOVIPREP® contains two sealed plastic bags....



2 ...1x 'sachet A' + 1x 'sachet B'...



3 ...pour 1 sachet A and 1 sachet B into a jug...



4 ...make up to 1 litre with water (not chilled)...



5 ...and stir until dissolved (solution is clear or slightly hazy).



6 Drink one glassful (250ml) of the MOVIPREP® every 15-30 minutes until you have drunk it all (over about 1-2 hours). Take your time - there is no need to rush.

You should also drink an additional 500ml of water or clear fluids with each litre of MOVIPREP® taken.

## Key points to remember:

- Do not eat anything after breakfast on the day before your examination until after your hospital appointment
- Take 2 litres of MOVIPREP® the night before your examination
- To prepare 1 litre of MOVIPREP® pour the contents of one sachet A and one sachet B into a jug, make up to 1 litre with water (not chilled)
- Drink an additional 500ml of water or clear fluids with each litre of MOVIPREP® taken
- If you take any oral medicine, do not take it an hour either side of drinking your dose of MOVIPREP®

After you drink MOVIPREP® you will have lots of watery bowel movements, so stay near a toilet because you may need to use it urgently.

Always read the label. It is extremely important to complete your bowel preparation fully as instructed because your doctor will need to have a clear view of the inner lining of your bowel.

For full details, please refer to the Patient Information Leaflet supplied with your box of MOVIPREP®.

### Reporting of side effects.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help to provide more information on the safety of this medicine.

Supplied as a service to patients by Norgine Pharmaceutical Limited. For further information please contact: Norgine Pharmaceuticals Limited, Moorhall Road, Harefield, Middlesex UB9 6NS. E-mail: [medinfo@norgine.com](mailto:medinfo@norgine.com). Tel: +44 (0) 1895 826 606.



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Unless your doctor or nurse tells you differently, start taking MOVIPREP® on the day before your examination.

## THE DAY BEFORE YOUR EXAMINATION

Do not eat anything after 9am (after breakfast).  
Do not eat again until after your examination.



9am (after breakfast)	5pm	8-9pm	
Following breakfast, even if you feel hungry, do not eat anything after 9am, because your bowel must be completely empty for the examination. You can have clear soup, soft drinks or black coffee or tea (without milk). Add sugar if you like. All your drinks must be clear because <i>then you know there is no fibre in them.</i>	At about 5pm, make up your first litre of MOVIPREP® (sachets A and B) and drink it over 1-2 hours.  Have a rest for 2 hours.  It is important to drink an additional 500ml of water or clear fluid with each litre of moviprep during the evening.	At about 8-9pm, make up your second litre of MOVIPREP® (sachets A and B) and drink it over 1-2 hours.  It is important to drink an additional 500ml of water or clear fluid with each litre of moviprep during the evening.	Allow 2 hours for MOVIPREP® to work after finishing the second litre.  You can go to bed when you stop going to the toilet (for example 11pm).

## THE DAY OF YOUR EXAMINATION

**Remember, do not eat anything.**

Leave home in good time for your hospital appointment.



## For your breakfast (on the day before your examination).

Whilst a low fibre diet is not essential for patients using MOVIPREP®, for the best results in cleansing, the following dietary approach is advised.

### LOW FIBRE FOODS WHICH ARE PREFERRED ✓

- Eggs
- Tea, coffee
- White bread/ toast/ butter/ margarine
- Croissants
- Water, fizzy drinks, fruit squash (NOT blackcurrant)
- Shredless marmalade or jam

### HIGH FIBRE FOODS WHICH SHOULD BE AVOIDED ✗

- Breakfast cereals
- Any fruit or salad
- Bacon, sausages, black/ white pudding
- Wholemeal or brown bread
- Fruit and nuts
- Yoghurts
- Baked beans