Extended Bowel Preparation for Colonoscopy

Introduction:
In some individuals conventional doses of bowel preparation are not enough to clean out the large bowel. This is often in patients with chronic constipation. Therefore to allow adequate visualisation of your large bowel you need to take an extended bowel preparation regimen. To be able to get a clear view of the lining of your bowel it is very important that you follow the bowel preparation and dietary advice below.

Bowel preparation:
You should have been given six packets of Moviprep, three packets labelled A and three packets labelled B. Please ignore the instructions supplied from the manufacturer and follow the instructions below.

Seven days before your colonoscopy:
- If taking iron tablets stop these until after the procedure.
- If taking antiplatelet agents such as Clopidogrel, Prasugrel or Ticagrelor, these should be stopped before the procedure. However some patients are unable to stop these if they have had a recent coronary stent. If in doubt please check with your consultant.

Five days before your colonoscopy:
- If taking warfarin this should be stopped until after the procedure. However if you have had a recent blood clot or have an artificial metal valve you will usually have to change to an injectable form of anticoagulation, (Tinzaparin). You will be referred to the anticoagulation clinic to organise this.
- Stop taking any constipation medicines, i.e. Loperamide, Lomotil or codeine phosphate.
- Continue taking all other medication as prescribed and any laxatives until after your procedure unless otherwise directed. Follow instructions given in the clinic about diabetic medication and water tablets.

Two days before your colonoscopy:

Food and drink:
- Drink two litres of clear fluids (eight to ten glasses) per day until the day of the procedure. Examples of clear fluids include water, fruit squash, black tea or coffee or clear soup (without bits in).
- Eat only food from the following list:
  Boiled or steamed white fish, chicken (without skin), egg, cheese, white bread, plain muffins, butter, margarine, white rice, white pasta, rich tea biscuits, potatoes without skins, pumpkin, cauliflower, asparagus -tips only, tofu, natural yoghurt, plain cottage cheese, tinned peaches/pineapple, plain sponge cake.
- Avoid high fibre foods such as raw fruit or vegetables other than those above, skins, pips, wholemeal bread, wholemeal pasta or rice, salad, mushrooms, nuts, seeds, sweetcorn, cereals, red meat or pink fish.
One day before your colonoscopy:

- Have a good breakfast and a light lunch from the foods listed above before 12:00 noon.
- From 12:00 noon do not eat any solid food until after your examination but drink plenty of clear fluids.

If you are having an am procedure please follow below:

- At 2pm empty the contents of one packet labelled A and one packet labelled B into a jug containing one litre (1 ¾ pints) of cold water and stir until dissolved.
- Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish.
- At 5pm empty the second packet labelled A and second packet labelled B into a jug containing one litre (1 ¾ pints) of cold water and stir until dissolved
- Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish.

During the evening drink at least one additional litre of water or clear fluid.

On the day of your colonoscopy:

- At 6am empty the final packet labelled A and final packet labelled B into a jug containing one litre (1 ¾ pints) of cold water and stir until dissolved.
- Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish.

If you are having a pm procedure (12:00 onwards) please follow below:

- At 5pm empty the contents of one packet labelled A and one packet labelled B into a jug containing one litre (1 ¾ pints) of cold water and stir until dissolved.
- Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish.
- At 7pm empty the second packet labelled A and second packet labelled B into a jug containing one litre (1 ¾ pints) of cold water and stir until dissolved
- Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish.
- During the evening drink at least one additional litre of water or clear fluid.

On the day of your colonoscopy:

- At 9am empty the contents of the final packet labelled A and the final packet labelled B into a jug containing one litre (1 ¾ pints) of cold water and stir until dissolved.
- Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish.

To enable an accurate and complete examination it is essential the bowel is completely clean so please ensure that you drink all the sachets of Moviprep.

Remember to drink plenty of clear fluids. If you do not drink enough fluids you may get dehydrated, feel dizzy, faint or experience a headache.

On the day of your colonoscopy:

- Please take any regular prescribed medication with a small amount of water before 7am unless otherwise instructed by your consultant.
- You may drink small quantities of water up until your arrival at the department.
Are there any side effects?

- Please expect to have frequent bowel actions and eventually diarrhoea starting within a few hours of taking the first dose of bowel preparation medication. **We would strongly advise that you stay within easy reach of a toilet once you start taking the preparation medicine.** If you need to, use a barrier cream such as zinc and castor oil on your bottom to prevent soreness.
- Some stomach cramping is normal.
- If you vomit up the preparation or have any other concerns regarding side effects please contact the endoscopy unite during working hours, 8:00am to 6:00pm.