

Having a Gastroscopy and Sigmoidoscopy with Moviprep

Gastroenterology Department Patient Information Leaflet



Options available

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01253 955588

Our Four Values:

People Centred

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What is a Gastroscopy?

A Gastroscopy is a test that allows the endoscopist (doctor or nurse performing the test) to look into your upper gastro-intestinal tract. This is done by passing a long flexible tube (gastroscope) through your mouth, passing over your tongue to the back of your throat, down your gullet (oesophagus), into your stomach and into the first part of your small intestine (duodenum). The gastroscope is connected to a television system where pictures of your oesophagus, stomach and duodenum can be seen.

Benefits

By performing a Gastroscopy examination the cause of your symptoms may be found and sometimes we are able to treat them there and then. Pictures (for your medical notes) and samples of the lining of your stomach (biopsies) may be taken with instruments passed down a channel in the endoscope. These are pain free.

Risks

A Gastroscopy is a safe examination but there are risks you need to be aware of. Occasional dental damage can occur, if you have loose teeth please visit your dentist prior to your appointment. Rarely (1 examination in 1000) a complication such as bleeding or a chest infection can occur. Very rarely perforation can happen, this means a hole (in your oesophagus, stomach or duodenum) and you may need an operation to repair it. If you have a sedative the added risks are nausea and vomiting, becoming over sedated which could reduce your breathing effort and having a prolonged sedative effect.

Alternative treatments

An alternative to a Gastroscopy is a barium meal/swallow. This is an x-ray based test, it does not provide very detailed pictures of your oesophagus, stomach and duodenum. It does not allow biopsies or treatment to be carried out at the same time therefore you may still require a Gastroscopy examination.

What is a Sigmoidoscopy

A Sigmoidoscopy is a test, which allows the Doctor to look directly at the left side of your large bowel. In order to do this a flexible tube the thickness of a finger with a light at the end, is carefully passed through the anus into the rectum and into the large bowel. This can be uncomfortable as bends in the colon are negotiated and air is used to inflate the colon. The Sigmoidoscope is connected to a television system where pictures can be seen. In order for this test to be successful it is important that you take the Moviprep bowel preparation as directed. This will assist in cleaning your bowel and enable us to make an accurate diagnosis.

Benefits

By examining your bowel the cause of your symptoms may be found. Sometimes we are able to treat them there and then. Pictures and biopsies (samples) may be taken and sometimes polyps (small growths in the bowel) can be removed or other treatments performed.

Risks

A Sigmoidoscopy is a safe examination but rarely a complication such as bleeding or perforation may occur (1 in 1500, or if polyps removed 1 in 200). Other risks of the procedure are discomfort, bloating and pain. Entonox (gas and air) may cause nausea, dizziness and euphoria.

Alternative treatments

The alternative to a Sigmoidoscopy is a barium enema. This is a type of x-ray which does not include any treatment and it cannot provide biopsies. Therefore, you may still need to have a Sigmoidoscopy at a later date.

Please note

Your appointment time takes into account the time required to admit you to the unit. You should not expect to go immediately through for the test when called. You should expect to be with us for 1-3 hours including waiting and recovery time.

What should I do before attending?

Please make sure you follow the instructions in this leaflet and on your appointment letter. **It is important to inform the department if you are unable to attend your Gastroscopy and Sigmoidoscopy appointment on Telephone 01253 956078.** Your appointment can be given to another person if you do not require it.

Take any medication you are on up to 2 hours before your appointment with water. If you are taking medication for **DIABETES** please refer to the specific diabetic instructions towards the end of this booklet.

You must have nothing to eat or drink for the 6 hours before your appointment. (Except medication). Your stomach needs to be empty to ensure a clear view and to reduce the risk of a chest infection.

Please bring a list of your medication with you on the day.

Leave valuables and jewellery at home where possible, we cannot look after these for you.

Please note that the time of day that you will need to start taking the Moviprep solution differs between a morning and an afternoon appointment. Follow the instructions carefully.

Moviprep information

In order to examine the whole of the bowel it must be clear of all waste materials. This is achieved by using a combination of changing what you eat and taking laxative medicines.

Moviprep works by giving you diarrhoea. This is unpleasant but necessary and may last up until the time of your appointment. Easy access to your toilet will be required for most of the day.

You might like to use a barrier cream to prevent a 'sore bottom'. A product such as petroleum jelly can be effective.

7 days before your Sigmoidoscopy appointment please stop taking iron tablets.

2 days before your Sigmoidoscopy appointment please stop taking medication that may constipate you i.e. Codeine, Lomotil, Imodium and Kaolin & Morphine.

Taking other medication. If you are taking other medication, please take it at least one hour before or at least one hour after taking Moviprep, otherwise they may be flushed through your digestive system and not work so well.

DO NOT TAKE MOVIPREP IF

- You are allergic to any of the ingredients in Moviprep.
- You are pregnant.
- You are on dialysis.
- You are taking medication for an organ transplant.
- You have not passed wind or opened your bowels in the last 5 days leading up to your bowel preparation time.

Contact 01253 956078 or 01253 953043 if any of these cautions apply to you.

Important notes on Moviprep

Some Possible side effects of Moviprep

Abdominal pain, abdominal distension, tiredness, feeling generally unwell, soreness of the anus, nausea, vomiting, headache and indigestion. If you experience any of these symptoms try taking the Moviprep more slowly.

Rarely are people allergic to Moviprep. They may experience a rash or itching, swelling of the face or ankles, palpitations or shortness of breath. If any of the side effects become serious stop taking Moviprep and seek medical advice.

Female Patients

If you are taking an oral contraceptive pill, diarrhoea can make it less effective. Continue taking the pill but use other precautions for the rest of that cycle.

Important: No alcohol should be drunk on the day before and the day of the procedure.

PRE SIGMOIDOSCOPY DIET

Two days before your test please follow a low residue diet, which consists of the following:

Fats (use sparingly)

Butter or margarine

Eggs

Boiled or poached

Cheese

Cream, cottage or cheese sauce

Cereals

Crisped rice cereal

Cornflakes (no bran)

Potatoes

Boiled, creamed, mashed or

Baked (no skins)

Rice

Plain boiled white rice

Meat/Fish

Mince or well cooked, tender,
Lean Beef, Lamb, Ham, Veal,
Pork, Poultry, Fish, Shellfish

Bread

White bread or toast

Pasta

Plain macaroni, spaghetti,
Noodles

Dessert

Clear Jelly (not red jelly)

Foods to avoid:

Red meat, sausage, pies, any fruit or salads, most vegetables, potato skins, chips, wholemeal or brown bread, nuts, pulses, baked beans, wholemeal pasta, brown rice, puddings containing fruit and nuts, cakes, biscuits and yoghurts.

Instructions for **morning** appointment

The day before your examination

Eat your breakfast before 9am. Do not eat anything after 9am. Do not eat food again until after your examination even if you feel hungry. Your bowel must be completely empty for the examination to be successful.

You may drink clear soup, Oxo, Bovril, Soft drinks (not red coloured), black tea or coffee (no milk). You may add sugar if you like. All your drinks must be clear because then you will know that there is no fibre in them. You may drink as much as you like of these fluids.

5pm

Open one sealed plastic bag of Moviprep. Each of the two sealed plastic bags contain two sachets. One sachet marked **A** and the other sachet marked **B**.

Empty the contents of sachet **A** and sachet **B** into a jug. Add water (not chilled) to make up to one litre and stir until the powder has completely dissolved. You may add cordial to taste (not blackcurrant) if you require. Drink one glassful (250mls) of the Moviprep drink every 15 – 30 mins until you have drunk the full litre. This may take 1 – 2 hours. Take your time, there is no need to rush.

You should also drink an additional 500 mls at least of water or clear fluids with each litre of the Moviprep that you take. This will prevent you from becoming dehydrated.

8 – 9 pm

At about 8 - 9 pm make up the second litre of Moviprep as you did the first one. Again drink it over 1 – 2 hours.

Again it is important that you drink an additional 500 mls at least of water or clear fluids along with the Moviprep during the course of the evening. This will prevent you from becoming dehydrated.

When you start taking Moviprep solution it is important that you stay

close to a toilet. At some point you will start to experience watery bowel movements. This is quite normal and indicates that the Moviprep solution is working.

The bowel movements will stop soon after you have finished drinking. Allow 2 hours for the second litre of Moviprep to work. You can go to bed when you stop going to the toilet (for example 11pm).

If you follow these instructions your bowel should be clear and this will help you have a successful examination.

Please stop drinking 6 hours before your appointment.

Instructions for **afternoon** appointment

The day before your examination

DO NOT eat anything after your 1pm lunch. . Do not eat food again until after your examination even if you feel hungry. Your bowel must be completely empty for the examination to be successful.

You may drink clear soup, Oxo, Bovril, Soft drinks (not red coloured), black tea or coffee (no milk). You may add sugar if you like. All your drinks must be clear because then you will know that there is no fibre in them. You may drink as much as you like of these fluids.

7pm

Open one sealed plastic bag of Moviprep. Each of the two sealed plastic bags contain two sachets. One sachet marked **A** and the other sachet marked **B**.

Empty the contents of sachet **A** and sachet **B** into a jug. Add water (not chilled) to make up to one litre and stir until the powder has completely dissolved. You may add cordial to taste (not blackcurrant) if you require.

Drink one glassful (250mls) of the Moviprep drink every 15 – 30 mins until you have drunk the full litre. This may take 1 – 2 hours. Take your time, there is no need to rush.

You should also drink an additional 500 mls at least of water or clear fluids with each litre of the Moviprep that you take. This will prevent you from becoming dehydrated.

After you have finished the first litre of Moviprep and your 500mls of additional fluids, allow 2 hours for Moviprep to work. You can go to bed when you have finished going to the toilet (for example 10 pm).

THE DAY OF YOUR EXAMINATION

6am Remember, do not eat anything. Mix the sachets as before: Empty the contents of sachet **A** and sachet **B** into a jug. Add water (not chilled) to make up to one litre and stir until the powder has completely dissolved. You may add cordial to taste (not blackcurrant) if you require. Drink one glassful (250mls) of the Moviprep drink every 15 – 30 mins until you have drunk the full litre. This may take 1 – 2 hours. Take your time, there is no need to rush.

You should also drink an additional 500 mls at least of water or clear fluids during the course of the morning. This will prevent you from becoming dehydrated.

Once again you will experience watery bowel movements which will stop after 1 – 2 hours. This will allow you to leave home in good time for your hospital appointment.

When you start taking Moviprep solution it is important that you stay close to a toilet. At some point you will start to experience watery bowel movements. This is quite normal and indicates that the Moviprep solution is working.

The bowel movements will stop soon after you have finished drinking. If you follow these instructions your bowel should be clear and this will help you have a successful examination.

Please stop drinking 6 hours before your appointment.

SPECIFIC INSTRUCTIONS FOR DIABETIC PATIENTS

We do aim to give insulin dependent diabetics a morning appointment and tablet controlled diabetics an early afternoon appointment. NB. If you are on insulin therapy and your appointment time is not prior to 10am, please contact the Gastroenterology Department on 01253 953043.

The necessary change in your diet may upset your diabetes. You may, on the days leading up to your Sigmoidoscopy, be at risk of having a “hypo” (too low blood sugar). However do not worry as this will not cause any long term harm. When on the diet of clear fluids, you should take sweet drinks every 2 – 3 hours to avoid the problem. You are advised to carry glucose tablets in the event of hypoglycaemia.

We aim not to admit diabetic patients during the two day preparation period before the Sigmoidoscopy appointment unless their diabetes is particularly unstable. We hope the enclosed directions are helpful. If you have any queries then contact your local Diabetic Liaison Nurse for advice.

You will need to monitor your diabetes control carefully, particularly on the day before and the day of the procedure.

The low residue diet can be combined with your usual medication but it would be prudent to carry out pre-meal blood sugar monitoring. Consider seeking advice if your diabetic control is unsatisfactory.

Patients on Hypoglycaemic Tablets

The day before the examination.

If applicable you should carry out your usual pre-meal blood sugar monitoring.

- Continue on your usual tablet regime.
- Monitor your blood sugar every 4 – 6 hours.

- If your blood sugar falls to around 5mmol/l or less or if you experience hypoglycaemic symptoms, take 10 – 20g of carbohydrate in a sugary drink.
- Sugary drinks include Glucose (Lucozade) drinks. 55mls contains 10g of carbohydrate. Fizzy lemonade or cola 100mls contains 10g of carbohydrate.
- You may need to be flexible with the amount of sugary drink ingested; for instance, take smaller quantities than suggested above if the blood sugars are too high at meal times (say 12 mmol/L or more), despite your usual doses of tablets.

The day of the examination.

Do not take your tablets on the day of your examination before the procedure. Take them with some food after the examination.

Instructions for patients on insulin on the day before the procedure

It is important that you follow the Moviprep diet information in this leaflet. You must then drink only clear fluids such as glucose drinks, Bovril, Oxo, clear soup, black tea or coffee (no milk) flat lemonade, cola or water and clear jelly.

Twice daily insulin regime:

If taking a twice daily insulin regime (before breakfast and before evening meal) e.g. Insulatard Insulin, Novomix Insulin, Humulin I or Humalog mix 25 or mix 50, **reduce both doses by 20-25% (but no more).**

Four times a day insulin regime:

If taking four times a day Insulin regime then **reduce the meal-time doses of quick acting soluble Insulin** e.g. Actrapid, Humalog, Novorapid, Apidra by **20-25% (but no more).**

The dose of long acting Insulin, Lantus or Levemir remains unchanged and should be taken at the usual time – usually in the evening.

Patients on GLP-1 agonist therapy (exenatide, liraglutide) with hypoglycaemic tablets or insulin:

- Omit the morning injection of exenatide or liraglutide.
- Patients should postpone their weekly Bydureon injection until after the procedure if it is due that day, otherwise take it as usual if it is due on days either side of the procedure.

All patients on Insulin:

- Blood glucose testing should be done 2 – 4 hourly, in order to prevent the development of hypoglycaemia.
- You can take 10 – 20g of carbohydrate in sugary drinks if your blood sugar falls to around 5 mmol/L or less, or if you are experiencing hypoglycaemic symptoms.
- One glass (180 -200 mls) of glucose drinks or two glasses of lemonade or coke can be sipped slowly at meal times to replace your usual dietary carbohydrate. You may need to be flexible with the amount, for instance, take smaller amounts if your blood sugar is too

high at meal times (say 12mmol/L or more) despite your usual dose of insulin.

Sugary drinks include:

- Glucose (Lucozade) drinks – 55mls contains 10g of carbohydrate.
- Fizzy lemonade or cola – 100 mls contains 10g of carbohydrate.

Insulin on the day of the examination

- If your examination is in the morning, **DO NOT** take your usual morning dose of insulin. **Bring your Insulin with you along with some food so that you can take it after the procedure.**
- An **afternoon** appointment will require you to take some Insulin. Reduce your usual breakfast-time dose by 25 – 50%. Take the Insulin with a glucose drink aiming to keep your blood sugars between 5 to 12 mmol/L. You will need to check your blood sugars every 2-3 hours and take extra sugary drinks if needed. **Any mid-day dose insulin should be omitted.** Check with your Diabetic Liaison Nurse if necessary. **Bring some food and your Insulin along with you to take after the procedure.**

What to expect on the day

- Many patients are concerned about the thought of swallowing the endoscope. We would like to reassure you that the Gastroscopy is not painful but you may experience some discomfort and you will be able to breath normally and swallow normally throughout. A sigmoidoscopy can be uncomfortable and Entonox (gas and air) is available to relieve pain.
- Before the Gastroscopy and Sigmoidoscopy the nursing staff will admit you to the unit and fully explain the tests to you whilst answering any questions or concerns you may have.
- You will be asked to sign a consent form for the Gastroscopy and Sigmoidoscopy.
- You will then be taken to a seated area where you will wait to be called into the room for your procedures. Please note we usually have 4 different lists running consecutively this may mean some people will have to wait longer than others, even with the same appointment time.
- If required, you will have a cannula inserted into your arm
- In the endoscopy room you will have both procedures whilst lying on your left side on a trolley. The Gastroscopy will be made more comfortable with throat spray to numb your throat or conscious sedation. For the Sigmoidoscopy Entonox (gas and air) is available to relieve any pain or discomfort.
- A Gastroscopy lasts approximately 5 minutes and a Sigmoidoscopy lasts approximately 10 minutes.

Gastroscopy with Throat Spray

- Prior to the Gastroscopy you will be given a throat spray to numb the back of your throat. This reduces the sensation of the scope in your mouth and throat and helps to reduce 'gagging'.
- The endoscopist and nurses will explain things to you during the test.
- You will be able to breath and swallow normally but it will feel strange.
- You will be able to leave the department when your discharge information is ready (approximately 20 minutes, this may be longer depending on how many people need discharging at a similar time).
- **You cannot eat and drink for 60 minutes following throat spray administration to allow the numbness to wear off.**
- You may experience a sore throat following the Gastroscopy and some bloating but this will soon settle.
- You do not need an escort with you if you have throat spray but you may wish to have someone accompany you on the day.

Gastroscopy with Sedation

You will need a cannula (small plastic tube) in your hand or arm through which a mild sedation is given.

This should relax you but will not put you to sleep, **it is not a general anaesthetic** nor will it numb the throat like the throat spray.

You will be **awake** and aware during the procedure with sedation.

Sedation may cause loss of memory and judgement for 24 hours after the test. You must not

- Drive
 - Drink alcohol
 - Operate machinery
 - Sign legal documents
-
- If your job involves any of the above you will need to take the day off work following the sedation.
 - You will be able to breath and swallow normally during the Gastroscopy.
 - After the Gastroscopy you will have a rest for about half an hour and will then be offered a drink and biscuits.
 - After about an hour you will be discharged with your Gastroscopy results.
 - You may experience a sore throat and some bloating following the test but this will soon settle.

You will need a responsible adult to accompany you from the unit because of the effects of the sedation and also have someone at home overnight following sedation.

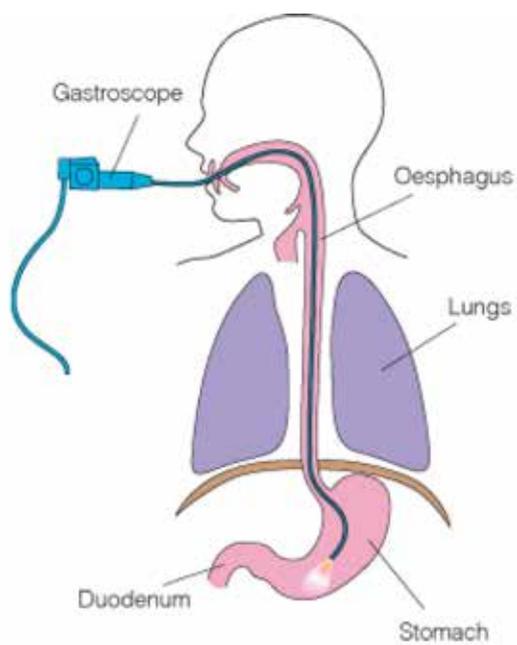
Following the tests you will be moved to the recovery area for a rest before being discharged home.

If you have had Entonox (gas and air) you will be able to drive after 30 minutes.

If you have had sedation please refer to the 'Gastroscopy with Sedation' section of this leaflet regarding what you should and should not do. You will be given the results of the Gastroscopy and Sigmoidoscopy before leaving the unit barring any biopsy results.

Following the Gastroscopy and Sigmoidoscopy you may have a sore throat and feel bloated with wind-like discomfort. This is normal and usually settles quite quickly. If you have had biopsies taken or a polyp removed during your Sigmoidoscopy it is normal to pass a small amount of blood from your bottom for a day or two.

If you have any problems following your endoscopy please phone the Gastroenterology Unit on 01253 953043 between 07.45am and 6.00pm Monday to Friday or phone Ward 12 on 01253 953412





Useful contact details

If you have any problems following your endoscopy please phone the Gastroenterology Unit on 01253 953043 between 07.45am and 6.00pm Monday to Friday or phone Ward 12 on 01253 953412

Hospital Switchboard: **01253 300000**

Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives. You can contact them via:

Tel: **01253 955589**

email: **patient.relations@bfnh.nhs.uk**

You can also write to us at:

**Patient Relations Department, Blackpool Victoria Hospital,
Whinney Heys Road, Blackpool FY3 8NR**

Further information is available on our website: **www.bfnh.nhs.uk**

References

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this leaflet are available on request from:

Procedural Document and Leaflet Coordinator 01253 953397

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