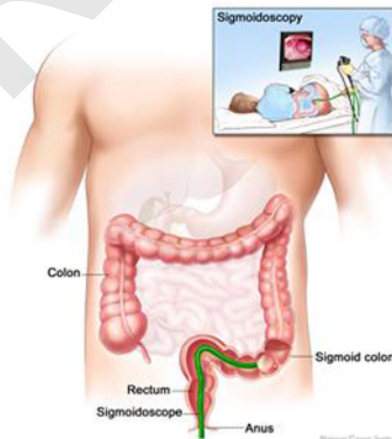


Having a Colonoscopy with Moviprep

Gastroenterology Department Patient Information Leaflet



What is a Colonoscopy

A Colonoscopy is a test, which allows the Doctor to look directly at the whole of the large bowel (colon). 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 Colonoscope is connected to a television system where pictures can be seen. In order for the test to be successful, it is important that you take the Moviprep bowel preparation as directed. This will assist in cleaning your bowel, enabling us to make a correct 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 Colonoscopy 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 are discomfort, bloating and pain. Entonox (gas and air) may cause nausea, dizziness and euphoria. Sedation may cause nausea and vomiting, you could become over sedated which may reduce your breathing effort and you could also have a prolonged sedative effect.

Alternative treatments

There may be alternatives to this procedure but your physician has advised that this is the most appropriate procedure available to you. If you would like to discuss alternatives further please speak to your referring physician.

Your Appointment

- If you are unable to make your appointment or need to change your appointment time, please telephone 01253 956584 or 01253 956078.
- Your appointment time takes into account the time required to admit you onto the unit. You should therefore not expect to immediately go through for the test when called. You should expect to be with us for about 3 - 4 hours. 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.
- 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. Please follow the instructions carefully.

What to expect on the day

- Before the procedure a nurse will take you into a room and explain the test and ask you some questions.
- You will be asked to sign a consent form and change your under wear.
- When it is your turn you will be taken to another area where we will insert a cannular (a small plastic tube). From here you will be called into the procedure room for your test.

Colonoscopy with Entonox

- If you are having Entonox (gas and air) instructions will be given on how to self administer this before your colonoscopy starts.
- Entonox is inhaled through a mouthpiece to relieve pain.
- A cannula (small plastic tube) will be inserted just in case any medication is needed during your colonoscopy.
- After the procedure you will be transferred to our recovery area for about half an hour where you will be given a drink and some biscuits.
- Recovery from the effects of Entonox is rapid and you will be able to drive after half an hour from stopping Entonox. Providing you have had a straight forward Colonoscopy.
- You may feel bloated with wind-like discomfort. This is normal and usually settles quickly. If you have a biopsy taken or a polyp removed it is normal to pass small spots of blood from your bottom for a day or two following the procedure.
- You will be given the results of your test before your discharge. If biopsies have been taken these results will be given at a later date.

Colonoscopy with Sedation

- In the endoscopy room a sedative and pain relief is given through the cannula. This is not an anaesthetic. It will relax you but you will be aware of what is going on. The sedative may cause loss of memory and judgment for up to 24 hours following the test.
- After your procedure you will be transferred to our recovery area for about one hour to rest.
- If you have had a sedative you will not be able to drive, drink alcohol, operate machinery or sign legal documents for 24 hours following your test. You will need someone to accompany you home and to be with you overnight following your procedure as the effects of the sedation are still in your system.
- As with Entonox, you may feel bloated with wind-like discomfort. This is normal and usually settles quickly. If you have a biopsy taken or a polyp removed it is normal to pass small spots of blood from your bottom for a day or two following the procedure.
- Again, as with Entonox, you will be given the results of your test before your discharge. If biopsies have been taken these results will be given at a later date.

N.B. Please leave all valuables and jewellery at home where possible as we are unable to look after these for you.

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 Colonoscopy appointment please stop taking iron tablets.

2 days before your Colonoscopy appointment please stop taking medication that might constipate you for example codeine, co-phenotrope (Lomotil®), loperamide (Imodium®) or Kaolin and Morphine mixture.

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.
- 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 five 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, sleep disturbances, dehydration, dizziness, 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 Colonoscopy Diet

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

Fats (use sparingly) - Butter or margarine.

Rice - Plain boiled white rice.

Eggs - Boiled or poached.

Meat / Fish - Mince or well cooked, tender, lean beef, lamb, ham, veal, pork, poultry, fish, shellfish.

Cheese - Cream, cottage or cheese sauce.

Bread - White bread or toast.

Cereals - Crisped rice cereal, cornflakes (no bran).

Pasta - Plain macaroni, spaghetti, noodles.

Potatoes - Boiled, creamed, mashed or baked (no skins).

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 a 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 (250 mls) of the Moviprep drink every 15 to 30 mins until you have drunk the full litre. This may take 1 to 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 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.

Instructions for an 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 (250 mls) of the Moviprep drink every 15 to 30 mins until you have drunk the full litre. This may take 1 to 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 or 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 (250 mls) of the Moviprep drink every 15 to 30 mins until you have drunk the full litre. This may take 1 to 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.

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 Colonoscopy, 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 Colonoscopy 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

For treating hypoglycaemia it is recommended to use 15g to 20g of quick acting carbohydrates, repeat after 10 to 15 minutes if no improvement seen.

This is then usually followed by a starchy snack of 2 plain biscuits, ref. TREND.UK 2018

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 (e.g. Lucozade) drinks – 220mls contains 20g of carbohydrate
 - 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.

Patients on insulin on the day before the procedure

Twice daily insulin regime:

If taking a twice daily insulin regime (before breakfast and before evening meal) e.g. Insulatard, Novomix 30, Humulin I, Humalog mix 25, Humalog mix 50, Humulin M3, reduce both doses by 20-25% (but no more).

Up to 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, Humulin S, Apidra by 20-25% (but no more).
- The dose of long acting Insulin, e.g. Lantus, Levemir, Abasaglar, Toujeo and Tresiba remains unchanged and should be taken at the usual time - usually in the evening.

Patients on GLP-1 agonist therapy:

- Patients on GLP-1 agonist therapy who inject their dose on a daily basis (e.g. lixisenatide (Lyxumia), liraglutide (Victoza)) or exenatide (Byetta)) should omit the morning dose of their injection.
- Patients should postpone their weekly injections (e.g. albiglutide (Eperzan), exenatide (Bydureon) or dulaglutide (Trulicity)) injection until after 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 of sugary drinks ingested; for instance, take smaller quantities than suggested above if your blood sugar is too high at mealtime (say 12 mmol/L or more), despite your usual doses of Insulin.

Sugary drinks include:

- Glucose (Lucozade) drinks – 60mls contain 10g of carbohydrate.
- Fizzy lemonade or cola - 100mls contains 10g of carbohydrate.

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. Contact your Diabetic Liaison Nurse for advise if necessary.

Bring some food and your Insulin along with you to take after the procedure.

Frequently asked questions

How long does the procedure take?

A colonoscopy usually takes between 10 and 45 minutes. You will be in the department for upto 4 hours.

Does it hurt?

Sometimes patients find the test painful, gas and air (Entonox) or sedation is available to use for pain relief if needed.

Do I have to have it done?

No the choice is yours, see page 2 for alternatives and the reason why this test is appropriate.

Can I take my tablets as normal?

Yes unless instructed otherwise. Please take the tablets at least one hour before or at least one hour after taking Moviprep, see page 5 and female patients see page 6 too. **Diabetic patients please read pages 10-13 for diabetic medication instructions.**

Will I be asleep for this procedure?

No. Gas and air (Entonox) or sedation is available (if your circumstances permit), you will be awake throughout the procedure.

How can I make the Moviprep more palatable?

It is important to sip the Moviprep and not gulp it down to reduce nausea. A straw is sometimes helpful to drink the Moviprep with and you can add cordial (not blackcurrant) to taste if you prefer.

What shall I wear to attend the procedure?

Please wear loose comfortable clothing, you will be asked to wear dignity shorts under your own clothing before the procedure. You will then remove your lower clothing (keeping your dignity shorts on and your own top clothing) in the endoscopy room prior to the procedure.

If you need advice before or after your procedure please contact The Gastroenterology Unit between 7.45am - 6.00pm weekdays on 01253 953043 or Out of Hours Ward 12 on 01253 953412.

Useful contact details

Gastroenterology Unit

Between 7.45am - 6.00pm weekdays

Telephone: 01253 953043

Out of Hours

Ward 12

Telephone: 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** or by Email: **patient.relations@bfwh.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.bfwh.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**

Options available

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Our Four Values:

People Centred	Positive
Compassion	Excellence



Author: Claire Lester

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