



Eileanan Siar  
Western Isles

Bòrd SSN nan Eilean Siar  
NHS Western Isles

Day Surgery

# Colonoscopy instructions for taking Moviprep



A patient information guide

To get the best results from your examination it is important to have your bowel as empty as possible, and we recommend that you follow a low residue diet **3 days** before your procedure.

The day before your procedure you **SHOULD NOT** eat any solid foods after 12pm (**MIDDAY**).

## Low residue diet

### Low Residue Foods

Fats - butter or margarine, used sparingly  
Eggs - boiled or poached  
Cereal - Rice Crispies or Cornflakes  
Cheese - cream cheese or cottage cheese  
Potatoes - (no skin) boiled, mashed or baked  
Pasta - plain macaroni, spaghetti or noodles  
Rice - plain or boiled white rice  
Meat/Fish - minced or well cooked lean beef, lamb, ham, veal, pork, poultry, fish or shellfish  
Gravy - using stock cubes and flour/cornflour  
Bread - white bread/toast  
Sugar/Sweetener - white or brown  
Desserts - **clear** jelly (homemade, no red)  
Ready made custard

### Low Residue Drinks

Water  
Energy drinks  
Soda water  
Fizzy drinks  
Tea/Coffee - **black** (no milk)  
Squashes  
Strained fruit juice  
**Clear** soup or drinks made from stock/meat extract cubes  
Herbal/fruit tea

## Foods to avoid

**Do not** take fruit, vegetables, brown bread, biscuits, cakes, fried food, milk or hard cheese.

## Medications

Please consult your GP for advice regarding your current medication.

## Iron tablets

If you take iron tablets, please stop taking them one week before your admission.

## The day before your procedure

The day before your procedure you **SHOULD NOT** eat any solid foods after 12 noon (**MIDDAY**).

You are allowed the following fluids:

- Plain juices - apple, white grape, white cranberry and sports drinks
- Fizzy juices - 7-up, lemonade and coke
- **Clear** soup - chicken, beef and vegetable
- Black coffee/tea
- Lemon/lime jelly and icepops.

## How to take Moviprep the day before your procedure

### 1pm - Take the first sachets of Moviprep

- Mix the sachets as per the sachet instructions
- You must drink the first litre in 1 hour, roughly 240 ml every 10 minutes - you may find it easier to drink through a straw.
- Please drink an extra 470-950 ml of clear liquids **IN ADDITION** to the Moviprep solution to keep you hydrated.

### 6pm - Take the second sachets of Moviprep

- Mix the sachets as per the sachet instructions
- You must drink the second litre in 1 hour, roughly 240 ml every 10 minutes
- Please drink an extra 470-950 ml of clear liquids **IN ADDITION** to the Moviprep solution to keep you hydrated.

## Preparing for your procedure

Please continue to drink clear fluids only, up until 6 hours prior to your procedure.

# Further Information

If you have any queries about your procedure please contact the Day Surgery Unit, Western Isles Hospital, tel. (01851) 704704 ext. 2424 between 8am-5pm.

## We are listening - how did we do?

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- speak to a member of staff
- visit our website feedback section at: [www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk) or share your story at: [www.careopinion.org.uk](http://www.careopinion.org.uk) or tel. 0800 122 31 35
- tel. 01851 708069 Monday-Friday between 9am-5.30pm.

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