Royal United Hospitals Bath
NHS Foundation Trust

Elective Admission for Bowel Preparation

Your doctor / specialist nurse has arranged for you to be admitted for bowel preparation. To ensure this process works effectively we would be grateful if you read the information enclosed and bring this leaflet with you on the day



Planned admission for Bowel Preparation

You have been asked to attend hospital for your bowel preparation (laxatives) for your procedure. This may be to reduce your risk of dehydration, to provide easy access to a toilet, or to allow you to have sedation and be looked after for 24 hours afterwards.

Bowel preparation can be arranged on any ward; you will be looked after by the nurses, and the medical or surgical doctors on that ward, depending on whether your clinic team are physicians or surgeons.

Please bring your regular medications and prescription to hospital. Please also bring this leaflet and contact details for the adult collecting you after the colonoscopy.

One week before your colonoscopy

If you are taking **iron tablets**, please **stop one week prior** to your colonoscopy.

If you are taking any of the blood thinning medications listed below, please phone our Endoscopy Nursing Team on **01225 821425** or **01225 821788**, (Monday-Friday, 8am-5pm) and ask to speak to a registered nurse.

- Warfarin
- Phenindione
- Acenocoumarol
- Dabigatran
- Rivaroxaban
- Apixaban
- Edoxaban
- Clopidogrel
- Prasugrel
- Cangrelor
- Dipyridamole
- Ticagrelor

Two days before your colonoscopy

For two days prior to colonoscopy, it is important to eat a light diet. You may eat eggs, cheese, fish, white meat, white bread, pasta or rice. We ask that you avoid red meat, jelly, fruit and vegetables in any form. You can drink normally.

You can read more about the Colonoscopy procedure by scanning the QR Code or accessing the link below.

Colonoscopy:
https://www.ruh.nhs.uk/patients/patient_information/GAS015_Having_a_lower_gastrointestinal_endoscopy.pdf

Laxative regime

Your doctor in clinic will have prescribed laxatives (on our electronic system), so the bowel preparation will be given 20 hours prior to your procedure.

Prescription details: Two doses of 2 sachets of MoviPrep, each dissolved in one litre of water (not chilled)

Taken as 250ml (1/2 pint), every 15 – 30 minutes until this has all been consumed orally or via a tube in the nose with 500ml clear fluids after.

Arranging transport home and care afterwards

If you have been sedated, it is **mandatory to have a responsible adult staying with you for twenty-four hours** after the procedure. Please ensure you have arranged this prior to admission, and bring the contact details with you.

Contacting the hospital

The Endoscopy Administrative Team are on **01225 824069**, (Monday-Friday, 8am-4pm, answerphone out of hours) and may be able to advise of your procedure date.

If you have questions about the procedure, please contact our Endoscopy Nursing Team on **01225 821425** or **01225 821788**, (Monday-Friday, 8am-5pm) and ask to speak to a registered nurse.
If you would like to find out about your admission date, please contact the Clinical Site Team on **01225 825977**.

Information for the ward nursing team:

Please arrange clerking by the F1 covering the ward in hours, or by the on-call F1 from the speciality who arranged the procedure i.e. medical or surgical.

No food is permitted once bowel preparation starts, no liquids are allowed from 2 hours before the colonoscopy. Bowel preparation can start prior to the clerking taking place, if the observations are normal.

Prescription details: Two doses of sachets A and B of Moviprep, dissolved in one litre of water (not chilled), given as 250ml, every 15 - 30 minutes. This should all be consumed orally (or via a naso-gastric tube if difficulties) within 1 – 2 hrs, with a further 500ml of clear fluids after each dose.

Morning colonoscopy: doses the day before at 5pm and 8pm

Afternoon colonoscopy: dose the day before at 7pm and 6am

Diabetics: Please check BM's four hourly.

Diabetes Booklet (Colonoscopy having standard preparation)
https://www.ruh.nhs.uk/patients/patient_information/GAS170_Diabetes_Booklet_Colonoscopy_Standard_Prep.pdf

Detailed Moviprep Instructions can be accessed in the RUH website or by scanning the QR code below:

Moviprep Morning:
https://www.ruh.nhs.uk/patients/patient_information/GAS159_Moviprep_Morning.pdf

Moviprep Afternoon:
https://www.ruh.nhs.uk/patients/patient_information/GAS160_Moviprep_Afternoon.pdf

Renal (kidney) disease: Please record accurate fluid input and output and ask the clerking doctor to provide an appropriate fluid regime; additional IV fluids may be appropriate.

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01225 428331 | www.ruh.nhs.uk

If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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