

Colon Capsule Endoscopy

Bowel Preparation Instructions

This sheet gives you instructions on when and how to prepare your bowel prior to taking your laxatives for your procedure. It is important that you follow these instructions carefully to ensure your bowel is clear to allow us to complete your examination. Poor bowel preparation may mean requiring us to cancel and rebook your appointment.

7 days before your procedure

Stop iron tablets (Ferrous Sulphate, Ferrous Gluconate, Ferrous Fumarate) some multivitamins or supplements may contain small amount of iron.

Stop any food containing bran (oat bran, wheat bran, rice bran etc.)

If you are taking Warfarin®, Clopidogrel®, Apixaban®, Dabigatran®, Edoxaban® or any blood thinning medication, please ring the Endoscopy Unit on 01932 722747 for advice.

4 days before your procedure

Stop taking constipating agents such as Lomotil, Imodium/Loperamide, Buscopan, Cholestyramine or Colesevalam.

Stop taking pain relief medication containing Codeine Phosphate (Co-codamol® / Co-dydramol® etc.)

Please continue taking all your other prescribed medication

3 days before your procedure

You can continue to eat your normal meals but please avoid foods that are high in fibre. (See list below)

| | ALLOWED (✓) | AVOID (X) |
|------------------------------|--|---|
| Cereals | Rice Crispies, Frosties, Sugar Puffs, Coco Puffs, Cornflakes | All wheat-based cereals like Shredded Wheat. Weetabix, porridge, Fruit and Fibre®, Muesli, granola, wheat bran and all bran |
| Pasta | white pasta | wholemeal pasta |
| Rice | white rice | brown rice |
| Bread | white bread | wholemeal, granary, soft grain, oat bread |
| Meat | chicken, turkey, fish, eggs | All red meat |
| Fruits And Vegetables | Baked, boiled, mashed potatoes WITHOUT skin | All fruits and vegetables |
| Dairy | Butter, margarine, cheese, almond milk | Cow's milk, goat's milk, oat milk, soya milk as it contains a lot of fibre |
| Puddings / cakes | Mousse, jelly (not red), sponge cakes, madeira cakes. Rich tea biscuits, wafer biscuits | Digestive, oat biscuits, Ryvita or anything containing wholemeal flour, dried fruits, and nut |
| Soups | Sieved soup, clear broth, stocks Marmite® / Bovril® / OXO® mixed with hot water | Chunky vegetable or lentil soups |
| Drinks | clear fluids include squash drinks, coke, lemonade, tonic/soda, Lucozade, jelly, black tea, or coffee | fruit juices with pulp, tomato juice |
| Preserves and Sweets | Sugar, jam, marmalade, honey, maple syrup, lemon curd | Jams or marmalade with peels and seeds, chocolate bars containing dried fruits and nuts |
| Others | Tofu, plain yoghurt | Nuts, dried fruits, Quorn, hummus, all legumes |

1 day before your appointment

Try drinking at least 2 litres of clear fluids (8-10 glasses) per day. List of **clear fluids** allowed please **see allowed list in bold in the box above**.

Please follow the instructions below and tick appropriate box once you have started the regimen.

| TIME | MORNING APPOINTMENT | PLEASE TICK |
|-------|--|-------------|
| 7am | Clear soup / clear liquids | |
| 10 am | Drink at least a pint of clear fluid | |
| 12 pm | Clear soup + a glass of clear fluid | |
| 2 pm | Clear soup + a glass of clear fluid | |
| 4pm | 1 pint of clear fluid | |
| 6 pm | Take Moviprep® (please see instructions at the back page) | |
| 8pm | Clear soup + a glass of clear fluid | |
| 10 pm | Drink at least a pint of clear fluid | |

On the day of your procedure

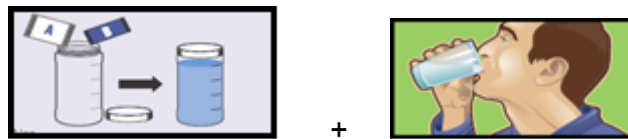
| Time | | Please Tick |
|------|--|-------------|
| 6 am | Take Moviprep® (please see instructions at the back page) | |

Have nothing to drink from 07.00am

Instructions on how to prepare Moviprep®

This solution taste better when chilled so you may wish to prepare this in advance.

Your Moviprep® box contains 2 clear bags and each bag contains 2 sachets marked “A” and “B”. Open one transparent bag, empty sachet A and sachet B in a large jug. Add one litre of lukewarm water and stir to dissolve. Drink the mixture over 1-2 hours.



You may find it easier to drink with a straw and if the mixture is chilled. You could also add a dash of fruit squash, sugar, or honey to make it taste nicer. Please avoid red, purple, and brown coloured soft drinks. If you feel sick while drinking the preparation, stop temporarily. Keep moving about and you should feel better.

It is advisable to stay near the toilet once you have started taking your bowel preparation. You should expect frequent bowel movement and diarrhoea within one to three hours from the first dose of the medication, this will continue until you have taken the last dose of the medicine. You may want to apply some cream such as Zinc and Caster Oil in your bottom to prevent soreness. Remember to keep drinking fluids especially once the diarrhoea has started to prevent you from getting dehydration. As a guide, you must drink at least two litres of clear fluids on the day that you are taking your bowel preparation.

Any questions regarding the above information, please ring us on 01932 722231, between the hours of 0800-1800 from Monday to Saturday.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Jean Asare

Department: Endoscopy

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



You can use Text Relay to turn telephone communications into text. Use the Relay UK app on your phone, tablet or PC. You can also use Relay UK via Minicom or Uniphone.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔
 ਜੇ ਤੁਹਾਨੂੰ ਭਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ ਫੋਨ ਕਰੋ: 01932 723553
 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤکرم اس فون نمبر 01932 723553 پر رابطہ کریں
 Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553
 यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553
 Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA Tel: **01784 884488**
St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk