

## How to prepare & take MOVIPREP®



1  
Each box of MOVIPREP® contains two sealed plastic bags....



2  
...1x 'sachet A'  
+ 1x 'sachet B'...



3  
...pour 1 sachet A and  
1 sachet B into a jug...



4  
...make up to 1 litre  
with water (not chilled)...



5  
...and stir until dissolved  
(solution is clear or slightly  
hazy).



6  
Drink one glassful (250ml)  
of the MOVIPREP® every  
15-30 minutes until you  
have drunk it all (over about  
1-2 hours). Take your time  
- there is no need to rush.

You should also drink an additional 500ml of water or clear fluids with each litre of MOVIPREP® taken.

## Key points to remember:

- Do not eat anything after 1pm on the day before your examination until after your hospital appointment
- Take 1 litre of MOVIPREP® the night before your examination
- To prepare 1 litre of MOVIPREP® pour the contents of one sachet A and one sachet B into a jug, make up to 1 litre with water (not chilled)
- Take 1 litre of MOVIPREP® early in the morning of your examination
- Drink an additional 500ml of water or clear fluids with each litre of MOVIPREP® taken
- If you take any oral medicine, do not take it an hour either side of drinking your dose of MOVIPREP®

After you drink MOVIPREP® you will have lots of watery bowel movements, so stay near a toilet because you may need to use it urgently.

Always read the label. It is extremely important to complete your bowel preparation fully as instructed because your doctor will need to have a clear view of the inner lining of your bowel.

For full details, please refer to the Patient Information Leaflet supplied with your box of MOVIPREP®.

### Reporting of side effects.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help to provide more information on the safety of this medicine.

Supplied as a service to patients by Norgine Pharmaceutical Limited. For further information please contact: Norgine Pharmaceuticals Limited, Moorhall Road, Harefield, Middlesex UB9 6NS. E-mail: [medinfo@norgine.com](mailto:medinfo@norgine.com). Tel: +44 (0) 1895 826 606.



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PREPARING FOR YOUR

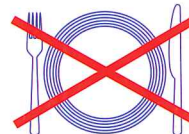
# AFTERNOON APPOINTMENT



YOUR APPOINTMENT TIME: .....

Unless your doctor or nurse tells you differently, start taking MOVIPREP® on the day before your examination.

## THE DAY BEFORE YOUR EXAMINATION



Do not eat anything after 1pm (after lunch).  
Do not eat again until after your examination.

1pm (after a light lunch)	7pm	
Following lunch, even if you feel hungry, do not eat anything after 1pm, because your bowel must be completely empty for the examination. You can have clear soup, soft drinks or black coffee or tea (without milk). Add sugar if you like. All your drinks must be clear because <i>then you know there is no fibre in them.</i>	At about 7pm, make up your first litre of MOVIPREP® (sachets A and B) and drink it over 1–2 hours.  <b>It is important to drink an additional 500ml of water or clear fluids during the evening.</b>	Allow 2 hours for MOVIPREP® to work after finishing the first litre, before going to bed.  You can go to bed when you stop going to the toilet (for example 10pm).

## THE DAY OF YOUR EXAMINATION



6am	
<b>Remember, do not eat anything.</b> At 6am make up and drink your second litre of MOVIPREP® (sachets A and B) over the next 1–2 hours. <b>It is important to drink an additional 500ml of water or clear fluids during the morning.</b>	Once again you will have watery bowel movements which will stop after 1-2 hours, allowing you to leave home in good time for your hospital appointment. Allow 2 hours for MOVIPREP® to work after finishing your second litre, before leaving for your appointment.

## For your lunch

(on the day before your examination)

Whilst a low fibre diet is not essential for patients using MOVIPREP®, for the best results in cleansing, the following dietary approach is advised.

### LOW FIBRE FOODS WHICH ARE PREFERRED



- White meat, skinless chicken, grilled or poached fish
- White bread, pasta, rice, boiled or mashed potatoes
- Cheese, eggs, tofu
- Water, fizzy drinks, fruit squash (NOT blackcurrant)
- Ice cream, custard, clear jelly (NO red or blackcurrant jelly), boiled sweets
- Clear soups  
Tea or coffee
- Butter/margarine
- Shredless marmalade or jam

### HIGH FIBRE FOODS WHICH SHOULD BE AVOIDED



- Red meat, sausages and pies
- Nuts and pulses, including baked beans
- Any fruit or salad
- Wholemeal pasta, brown rice
- Puddings containing fruit or nuts
- Vegetables
- Potato skins or chips
- Cakes and biscuits
- Wholemeal or brown bread
- Yoghurts



**Package leaflet: Information for the User**  
**MOVIPREP<sup>®</sup>, powder for oral solution**

Macrogol 3350, Sodium sulfate anhydrous, Sodium chloride, Potassium chloride, Ascorbic acid and Sodium ascorbate

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor, or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

**If you need the information on this leaflet in an alternative format, such as large text, please ring Medical Information, From the UK: 01895 826 606. From Ireland: 00 44 1895 826 606.**

**What is in this leaflet**

1. What Moviprep is and what it is used for
2. What you need to know before you take Moviprep
3. How to take Moviprep
4. Possible side effects
5. How to store Moviprep
6. Contents of the pack and other information

**1. What Moviprep is and what it is used for**

Moviprep is a lemon flavoured laxative contained in four sachets. There are two large sachets ('sachet A') and two small sachets ('sachet B'). You need all these for one treatment.

Moviprep is intended for adults to clean the bowel so that they are ready for examination.

Moviprep works by emptying the contents of your bowels, so you should expect to have watery bowel movements.

**2. What you need to know before you take Moviprep**

**Do not take take Moviprep**

- if you are allergic (hypersensitive) to the active substances or any of the other ingredients of this medicine (listed in section 6)
- if you have an obstruction in your intestine (gut)
- if you have a perforated gut wall
- if you have a disorder of stomach emptying
- if you have paralysis of the gut (often occurs after an operation to the abdomen)
- if you suffer from phenylketonuria. This is a hereditary inability of the body to use a particular amino acid. Moviprep contains a source of phenylalanine
- if your body is unable to produce enough glucose-6-phosphate dehydrogenase
- if you have toxic megacolon (a severe complication of acute colitis)

**Warnings and precautions**

If you are in poor health or have a serious medical condition, you should be particularly aware of the possible side effects listed in section 4. Contact your doctor or pharmacist if you are concerned.

Talk to your doctor or pharmacist before taking Moviprep if you have any of the following:

- you need to thicken fluids in order to swallow them safely.
- a tendency to regurgitate swallowed drink, food or acid from the stomach.
- kidney disease.
- heart failure or heart disease including high blood pressure, irregular heartbeats or palpitations.
- thyroid disease
- dehydration.
- acute flare of inflammatory bowel disease (Crohn's disease or ulcerative colitis).

Moviprep should not be given to patients with impaired consciousness without medical supervision.

**Children and adolescents**

Moviprep should not be taken by children and adolescents aged below 18 years.

**Other medicines and Moviprep**

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

If you are taking other medicines take them at least one hour before taking Moviprep or at least one hour afterwards because they may be flushed through your digestive system and not work so well.

**Moviprep with food and drink**

Do not take any solid food from when you start to take Moviprep until after the examination.

When taking Moviprep you should continue to take plenty of fluids.

**Pregnancy, breast-feeding and fertility**

There are no data on the use of Moviprep during pregnancy or breast feeding and it should only be used if considered essential by the your doctor. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

**Driving and using machines**

Moviprep does not affect your ability to drive or use machines.

**Moviprep contains sodium, potassium and a source of phenylalanine.**

This medicinal product contains 56.2 mmol of absorbable sodium per litre. To be taken into consideration by patients on a controlled sodium diet.

This medicinal product contains 14.2 mmol of potassium per litre. To be taken into consideration by patients with reduced kidney function or patients on a controlled potassium diet.

Contains a source of phenylalanine. May be harmful for people with phenylketonuria.

**3. How to take Moviprep**

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure. The recommended dose is two litres of solution, which is made up as follows:

This pack contains two clear bags each containing one pair of sachets: sachet A and sachet B. Each pair of sachets (A and B) is to be dissolved in water to make a one litre solution. This pack is therefore sufficient to make up two litres of Moviprep solution.

Before you take Moviprep, please read carefully the following instructions. You need to know:

- When to take Moviprep
- How to prepare Moviprep
- How to drink Moviprep
- What you should expect to happen

**When to take Moviprep**

Always take this medicine exactly as described in this leaflet or as your doctor has told you. Check with your doctor if you are not sure. Your treatment with Moviprep must be completed before your examination

This course of treatment can be taken either as divided or single doses as described below:

**For procedures conducted when you are put to sleep (using general anaesthesia):**

1. Divided doses: one litre of Moviprep in the evening before and one litre of Moviprep in the early morning of the day of the examination. Ensure consumption of Moviprep as well as any other clear fluids has finished at least two hours before the start of the examination.
2. Single dose: two litres of Moviprep in the evening before the examination or two litres of Moviprep in the morning of the examination. Ensure consumption of Moviprep as well as any other clear fluids has finished at least two hours before the start of the examination.

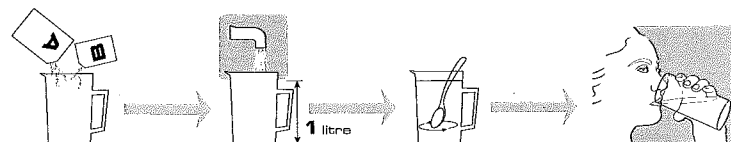
**For procedures conducted without the need for putting you to sleep (without using general anaesthesia):**

1. Divided doses: one litre of Moviprep in the evening before and one litre of Moviprep in the early morning of the day of the examination. Ensure consumption of Moviprep as well as any other clear fluids has finished at least one hour before the start of the examination.
2. Single dose: two litres of Moviprep in the evening before the examination or two litres of Moviprep in the morning of the examination. Ensure consumption of Moviprep has finished at least two hours before the start of the examination. Ensure consumption of any clear fluids has finished at least one hour before the examination.

**Important: Do not take any solid food from when you start to take Moviprep until after the examination.**

**How to prepare Moviprep**

- Open one clear bag and remove the sachets A and B.
- Add the contents of BOTH sachet A and sachet B to a measuring jug that holds 1 litre.
- Add water to make up to the one litre mark of the container and stir until all the powder has dissolved and the Moviprep solution is clear or slightly hazy. This may take up to 5 minutes.



**How to drink Moviprep**

Drink the first litre of Moviprep solution over one to two hours. Try to drink a glassful every 10 - 15 minutes.

When you are ready, make up and drink the second litre of Moviprep. Use the same method with the contents of the sachets A and B from the

During the course of this treatment, you are recommended to drink a further one litre of *clear* liquid to prevent you feeling very thirsty and becoming dehydrated. Water, clear soup, fruit juice (*without pulp*), soft drinks, tea or coffee (*without milk*) are all suitable. These drinks can be taken at any time you choose.

#### What you should expect to happen

When you start drinking the 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 will be clear, and this will help you to have a successful examination. You should allow sufficient time after your last drink to travel to the colonoscopy unit.

#### If you take more Moviprep than you should

If you take more Moviprep than you should you may develop excessive diarrhoea, which can lead to dehydration. Take generous amounts of fluid, especially fruit juices. If you are worried contact your doctor or pharmacist.

#### If you forget to take Moviprep

If you forget to take Moviprep take the dose as soon as you realise you have not taken it.

If this is several hours after the time when you should have taken it, contact your doctor or pharmacist for advice. When taking Moviprep as divided doses it is important that you complete your Moviprep preparation at least one hour before your examination (without use of general anaesthesia), or two hours before your examination (with use of general anaesthesia). When taking all your Moviprep on the morning of the examination as a single dose it is important that you complete your Moviprep preparation at least two hours before your examination.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

#### 4. Possible side effects

Like all medicines Moviprep can cause side effects, although not everybody gets them.

It is normal to get diarrhoea when you take Moviprep.

Stop your intake and tell your doctor immediately if you have any of the following side effects:

- rash or itching
- swelling of your face, ankles or other part of your body
- palpitations
- extreme fatigue
- shortness of breath

These are symptoms of a severe allergic reaction.

If you do not have a bowel movement within 6 hours of taking Moviprep, stop the intake and contact your doctor immediately.

Other side effects include:

Very common side effects (may affect more than 1 in 10 people):

Abdominal pain, abdominal distension, tiredness, feeling generally unwell, soreness of the anus, nausea and fever.

Common side effects (may affect up to 1 in 10 people): Hunger, problems sleeping, dizziness, headache, vomiting, indigestion, thirst and chills.

Uncommon side effects (may affect up to 1 in 100 people):

Discomfort, difficulties swallowing, and changes to tests of liver function.

The following side effects have sometimes been seen but it is not known how often they occur because the frequency cannot be estimated from the available data: flatulence (wind), temporary increase in blood pressure, irregular heart rhythm or palpitations, dehydration, retching (straining to vomit), very low blood sodium levels that can cause convulsions (fits) and changes to the levels of salts in the blood such as decreased bicarbonate, increased or decreased calcium; increased or decreased chloride and decreased phosphate. Blood potassium and sodium levels could also decrease.

These reactions usually only occur for the duration of the treatment. Should they persist, consult your doctor.

Allergic reactions may cause a skin rash, itching, reddening of the skin or a nettle rash, swollen hands, feet or ankles, headaches, palpitations and shortness of breath.

#### Reporting of side effects

UK: If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

You can also report side effects directly via Yellow Card Scheme Website: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). MT: If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects via the website: [www.medicinesauthority.gov.mt/adrportal](http://www.medicinesauthority.gov.mt/adrportal). By reporting side effects you can help provide more information on the safety of this medicine.

#### 5. How to store Moviprep

Keep this medicine out of the sight and reach of children.

for the different sachets. The expiry date refers to the last day of the month.

Keep Moviprep sachets at room temperature (below 25°C).

After you have dissolved Moviprep in the water, the solution may be stored (keeping covered) at room temperature (below 25°C). It may also be stored in the fridge (2°C -8°C). Do not keep it for more than 24 hours.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

#### 6. Contents of the pack and other information

##### What Moviprep contains

**Sachet A** contains these active substances:

Macrogol (also known as polyethylene glycol) 3350	100 g
Sodium sulfate anhydrous	7.500 g
Sodium chloride	2.691 g
Potassium chloride	1.015 g

**Sachet B** contains these active substances:

Ascorbic acid	4.700 g
Sodium ascorbate	5.900 g

The concentration of electrolyte ions when both sachets are made up to one litre of solution is as follows:

Sodium	181.6 mmol/L
(of which not more than 56.2 mmol is absorbable)	
Chloride	59.8 mmol/L
Sulfate	52.8 mmol/L
Potassium	14.2 mmol/L
Ascorbate	29.8 mmol/L

The other ingredients are:

Lemon flavouring (containing maltodextrin, citral, lemon oil, lime oil, xanthan gum, vitamin E), aspartame (E951) and acesulfame potassium (E950) as sweeteners. For further information refer to section 2.

##### What Moviprep looks like and contents of the pack

This pack contains two clear bags each containing one pair of sachets: sachet A and sachet B. Each pair of sachets (A and B) is to be dissolved in one litre of water.

Moviprep powder for oral solution in sachets is available in pack sizes of 1, 10, 40, 80, 160 and 320 packs of a single treatment. Hospital packs of 40 single treatments. Not all pack sizes may be marketed.

##### Marketing Authorisation Holder and Manufacturer

###### Marketing Authorisation Holder:

Norgine BV  
Hogehilweg 7, 1101 CA Amsterdam ZO,  
The Netherlands

###### Manufacturer:

Norgine Limited, New Road, Hengoed,  
Mid Glamorgan, CF82 8SJ, United Kingdom.

##### The medicinal product is authorised in the Member States of the EEA under the following names:

Austria, Belgium, Bulgaria, Czech Republic, Denmark, Estonia, Finland, France, Germany, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Romania, Slovakia, Slovenia, Spain and United Kingdom: Moviprep.

Sweden: Movprep

##### This leaflet was last revised in August 2017

The following information is intended for healthcare professionals only: Moviprep should be administered with caution to fragile patients in poor health or patients with serious clinical impairment such as:

- impaired gag reflex, or with a tendency to aspiration or regurgitation
- impaired consciousness
- severe renal insufficiency (creatinine clearance <30 mL/min)
- cardiac impairment (NYHA grade III or IV)
- those at risk of arrhythmia, for example those on treatment for cardiovascular disease or who have thyroid disease
- dehydration
- severe acute inflammatory bowel disease

The presence of dehydration or electrolyte shifts should be corrected before the use of Moviprep.

Semi-conscious patients or patients prone to aspiration or regurgitation should be closely observed during administration especially if this is via a nasogastric route.

Moviprep should not be given to unconscious patients.



**NORGINE**