

Inpatient Bowel Preparation for Colonoscopy

Colonoscopy as an inpatient requires full bowel preparation. To ensure this process works effectively we would be grateful if you read the information enclosed



Bowel Preparation

Colonoscopy is planned as an inpatient with full bowel preparation (laxatives) for the procedure. Inpatient preparation can reduce the risk of dehydration, provide easy access to a toilet, and if needed facilitate sedation with care for 24 hours afterwards. Bowel preparation can be arranged on any ward, under the care of a medical or surgical team.

One week before your colonoscopy

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

For persons with known constipation or previous poor bowel preparation we recommend taking four Sennokot daily for 5 days before starting the Moviprep bowel preparation.

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

There is specific medication adjustment advised for persons with diabetes; this information is available via a leaflet on the intranet or by discussion with our Endoscopy Nursing Team on 01225 821425

or 01225 821788, (Monday-Friday, 8am-5pm): ask to speak to a registered nurse. Alternatively, you can scan the QR or visit website below:



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

Two days before your colonoscopy

For two days prior to colonoscopy, it is important to eat a light diet, this includes eggs, cheese, fish, white meat, white bread, pasta or rice. We ask that red meat, jelly, fruit and vegetables are avoided in any form. Drinking continues normally. Once bowel preparation starts no further food is permitted, clear liquids are allowed until two hours prior to the procedure.

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

Bowel preparation will start 20 hours prior to colonoscopy; it is important it is taken in full; a nasogastric tube (tube in the nose) may occasionally be required if the preparation is difficult to tolerate.

Prescription details: Two doses of 2 sachets of Movi Prep, 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 an NG tube (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 Endoscopy Team

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.

Information for the ward nursing team:

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 nasogastric 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

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

The RUH, where you matter



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

Diabetics: Please check blood sugars (BM's) four hourly.

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

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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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