Gastroscopy / OGD and Colonoscopy with Enhanced MOVIPREP

This leaflet has two sections: The summary boxes below and section one provides important information about the procedure and medications you may need to stop. Section two explains how to prepare for this procedure, including when to stop eating and how to cleanse your bowel. It is important to read both sections as well as the enclosed consent forms to ensure that you are fully prepared for the procedure.

Gastroscopies / OGDs and Colonoscopies are booked at either the Endoscopy Unit at St George's Hospital or the Day Case Unit at Queen Mary's Hospital, Roehampton. **Please refer to your appointment letter / text for the location of your procedures.** You will be contacted by our nursing team before your procedure, to record your health history and to advise on any changes to your medication.

Important information about your procedures

- St George's is a University Hospital and a National Training Centre for endoscopy, providing specialist training for qualified doctors and nurses developing skills in endoscopy. As part of this training, supervised specialist trainees may be involved in your care. If you would prefer trainees not to be present, please inform the doctor or nurse when you are admitted.
- If you are planning to have sedation, arrange for a friend or relative (18+) to escort you home after your appointment and be with you for at least 12 hours. We kindly ask escorts not to wait in the Endoscopy Unit due to limited space, but we'll call when it is completed.
- **Three days before** your appointment, **start a low fibre diet** (found on page 6).
- **STOP EATING 24 HOURS before your appointment**, clear fluids are allowed (**no milk**).
- **Take the bowel preparation** as per the instructions from page 7.
- **STOP DRINKING CLEAR FLUIDS TWO HOURS** before your appointment.
- Please read and bring your signed **consent forms** with you to your appointment.
- We recommend you bring a book or magazine with you to read whilst you are waiting as the mobile phone signal is weak.
- If polyps are removed, **you may be advised not to fly for 2 weeks** after your procedure.

Important information about medication

- If you are taking medications for **diabetes** or to **prevent blood clots** such as Warfarin, Apixaban, Edoxaban, Rivaroxaban, Dabigatran, Clopidogrel, Ticagrelor or Prasugrel, please follow the instructions provided by the nurse. If you have not been contacted, please **contact us** on the numbers on page 4.
  If you are taking medications for your stomach e.g. Omeprazole (Losec), Lansoprazole (Zoton), Pantoprazole (Protium), Esomeprazole (Nexium) or Famotidine, you may continue taking it, unless advised to stop by your referring doctor. ***Continued on page 2***

Important information about medication continued

- Seven days before the procedure, stop taking iron tablets.
- Four days before the procedure, stop taking constipating medicines such as Imodium (Loperamide), Lomotil, or Codeine phosphate or stool bulking laxatives such as Fybogel.
- If you are taking codeine-based medicines, please consult your GP to discuss if any alternatives are available.
- If you take **GLP-1 and/or GLP-3 and/or GIP blocker medication** such as Mounjaro, Wegovy, Ozempic, **please inform us.**
- Take all other medications as usual but do not take oral medications one hour before or one hour after taking the bowel preparation.
- If you are taking the contraceptive pill, please take additional precautions for one week following the bowel preparation.
- Please bring a list of your regular medications and bring any inhalers or sprays with you.
- If you are diabetic, please bring your medication and a snack to eat after the procedure.

Section One

What is a gastroscopy / OGD and colonoscopy?

Gastroscopy, also referred to as an OGD (Oesophago-Gastro-Duodenoscopy) is a camera examination via the mouth to the inside of the stomach and colonoscopy is a camera examination of the large bowel. These procedures are done consecutively at the same appointment for your convenience. They help to find the cause of your abdominal symptoms and to diagnose and sometimes treat diseases of the intestine. The gastroscopy takes five to 10 minutes, and the colonoscopy takes 30 to 45 minutes but please allow up to four hours in the hospital.

Before the gastroscopy, a local anaesthetic spray will be used to numb the back of your throat and reduce your gag reflex; this has a slightly bitter taste. The effect will wear off in 30 minutes. The gastroscope is gently inserted via your mouth into your stomach. This is not painful and will not affect your breathing. The nurse may need to clear saliva from your mouth using a small suction tube. If you gag you won't vomit as your stomach will be empty. You may feel bloated from the air that is pumped into your stomach; this will be removed at the end of the procedure. Following this, the colonoscope will be inserted gently into your bottom. During the procedure, you may feel discomfort as if you want to go to the toilet and intermittent cramping. Sometimes a small tissue sample (a biopsy) is taken, or polyps are removed, this is painless.

You will be offered a choice of having sedation for the procedures or Entonox (also known as 'gas and air' or 'laughing gas'). You may also choose to have no medication. If you have sedation, it is essential that you have an escort home and a responsible adult with you for at least 12 hours.
If you have Entonox, you can leave unaccompanied 30 minutes after the procedure. Please note that Entonox is not suitable for all patients including those taking Methotrexate or with certain lung conditions or who have had certain eye / ear procedures. For more information about Entonox, go to https://www.stgeorges.nhs.uk/patients-and-visitors/patient-information-public/

For further information about the procedures, risks and alternatives please read the enclosed consent forms.

Asking for your consent and signing the consent form

It is important that you feel involved in decisions about your care. Please take the time to read the consent forms before your appointment. If you feel happy that you understand what is involved and agree to have the procedures, please sign the consent forms and bring them with you to the appointment. You will have the opportunity to ask any questions before the procedure. You can withdraw your consent at any time, even if you have said 'yes' previously.

On arrival at the endoscopy unit

- A nurse will check your details, including health history, medications and allergies.
- You will have the opportunity to ask any final questions with the endoscopist before the procedure. If you have not yet signed the forms, the procedures will be explained, and you will be asked to sign the consent forms.
- You will be asked to change into a gown and privacy shorts.
- An intravenous cannula will be inserted and secured before the start of the procedure.

What happens after gastroscopy / OGD and colonoscopy?

Following the procedures, you will be taken to the recovery area where you will be monitored for 30 to 45 minutes. After this you will be able to get dressed and have some refreshments. A nurse will give you a copy of the endoscopy reports as well as some important discharge advice. A normal diet can be resumed once the procedure is complete.

If you have had sedation, the medication will prohibit you from driving for 24 hours. Please do not plan to take public transport home unless accompanied. If you are unable to arrange transportation, we can arrange a taxi, however you are responsible for the fare. You will need a responsible adult at home for at least 12 hours. If you have had no sedation or choose to have Entonox only you can leave unaccompanied.

Will I get the results / Will I have a follow-up appointment?

We will give you a copy of the gastroscopy / OGD and colonoscopy reports and discuss the findings with you before you are discharged. We will be able to tell you of any visual findings, however any tissue samples will be sent to the laboratory for testing. This can take up to six weeks. A copy of the report and any histology results will be sent to your referring doctor and your GP. If required, a follow up appointment will be requested and will be sent to you by post, text or by telephone.

Is there anything I need to watch out for after the procedure?

Minor side effects: It is normal to experience a mild sore throat for up to 48 hours following the procedure, simple lozenges will help. It is normal to notice small amounts of bleeding in your poo, or mild abdominal (tummy) discomfort, for up to two weeks after the procedure. These symptoms should usually settle within a few days, as should the consistency of your bowel motions.

When to seek urgent medical attention:
For up to two weeks following your procedure, if you develop any of the symptoms listed below, please seek medical advice **immediately** by EITHER contacting the St George's Endoscopy Unit, Monday to Friday between 8.30am and 6pm on 0208 725 1491/2310, OR outside of working hours by attending your nearest Emergency Department. Please ensure you **take a copy of your endoscopy report with you.** Additional information will be provided about procedural aftercare on the day of your appointment.

IMPORTANT: These telephone lines are for emergencies only and the staff will not be able to assist you with queries about your procedure, results or appointments.

The symptoms to look out for include:

- Fever (>38°C) / Chills / Rigors
- Large amounts of blood or clots in your poo
- Severe, persistent or worsening abdominal, chest or neck pain
- Difficulty breathing / shortness of breath
- Persistent nausea or vomiting
- Vomiting blood or 'coffee ground' material
- Black, sticky tar-like poo
- Fainting / Collapse

When can I get back to my normal routine?

You should be able to return to work and all your usual activities the day after your procedure. Please be advised you cannot drive, sign legal documents or drink alcohol for 24 hours following sedation.

Where do I go?

Please see your appointment letter for the location of your appointment and the address below:

- **St George's Hospital**, Blackshaw Road, London, SW17 0QT. Please go to the Endoscopy Unit, First floor, St James' Wing (scan the QR code at the end of this leaflet for a map).
- **Queen Mary's Hospital**, Roehampton Lane, London, SW15 5PN. Please present at the main reception and you will be directed to the Day Case Unit.

Parking at the hospital

At St George's Hospital, the car park entrance is located on Blackshaw Road. Queen Mary's Hospital has a car park on site. Please ensure you check the rates before parking.

Contact us

If you have any questions or concerns about your procedure, please contact us:

- **For appointments at St George's Hospital please call**:
  The Endoscopy Unit on 020 8725 1913 Monday to Friday 8.30am to 3pm.
- **For appointments at Queen Mary's Hospital please call:**
  The Day Case Unit on 020 8487 6466 Monday to Friday 9am to 5pm.

We are sorry that you may experience a delay when contacting us by telephone. Our team manages more than 300 patient bookings each week and our phone lines can be extremely busy. At peak times, you may wait up to 40 minutes for your call to be answered.

Useful sources of information

For further explanation about the procedures Go to: www.nhs.uk/conditions/colonoscopy and www.nhs.uk/conditions/gastroscopy

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Please read **Section Two** below which explains **How to prepare for colonoscopy**.

Section Two

HOW TO PREPARE FOR COLONOSCOPY

It is important to reduce the amount of fibre you eat **before starting the bowel preparation.** This means avoiding cereals, wholemeal bread, salads, fruits or any food containing nuts or seeds.

THREE DAYS BEFORE THE PROCEDURE, START A LOW FIBRE DIET

This table shows what foods you can eat and what you need to avoid before you start taking the bowel preparation. You must STOP EATING 24 hours before the procedure.

FOOD AND DRINK ALLOWED (up to 24 hours before appointment ONLY)	FOOD AND DRINK TO AVOID
✓ Lean beef, lamb, ham, veal, pork, chicken, bacon, plain meat pies	x Burgers, sausages, casseroles
✓ Fresh, tinned, smoked seafood (no bones, shell), fish with white breadcrumbs/batter	x Pies, pasties containing vegetables
✓ White rice, couscous, noodles, white pasta	x All peas, beans, pulses e.g. kidney, baked, lentils, hummus
✓ Peeled potatoes; boiled, baked or mashed	x Brown rice, brown pasta, quinoa, barley
✓ Well-cooked carrots/turnip/swede (no skin), cauliflower/broccoli florets (no stalks)	x Potato skins, chips, roasted potato
✓ Sieved tomato sauces (no skin or seeds), purée, tomato/brown/Worcestershire sauce	x Raw vegetables, salad, sweet corn, celery
✓ Plain gravy, cheese, sauce, plain mustard	x Fruit (fresh, dried, or tinned with pips)
✓ Eggs, soya, Quorn, tofu	x Packet soups or tinned soup with vegetables
✓ Clear or strained soups	x High fibre, wholemeal/multigrain breads
✓ Stewed/tinned fruit (no skin/seeds/pith/pips)	x Wholemeal cereals, cereals with nuts, seeds, or dried fruit
✓ Cornflakes, Rice Krispies, Cornflakes etc.	x Muesli, fruit and fibre, shredded wheat, bran flakes, porridge
✓ White bread, plain naan, chapatti, poppadum	x All nuts and seeds
✓ Rich Tea or other plain biscuits, crackers	x Yoghurt with whole fruit muesli, seeds
✓ Plain cakes, plain scones (no fruit or nuts)	x Digestives, Hob-nobs, oat cakes, flapjacks
✓ Butter, milk, cheese, dairy alternatives	x Wholegrain crackers, crackers with seeds
✓ Plain or fruit flavoured yoghurt (no bits)	x Cakes containing fruit, nuts, or coconut
✓ Jam, marmalade (no seeds, peel), marmite	x Jam or marmalade with skin/pips/seeds
✓ Jelly (green/yellow only), ice cream, custard	x Peanut butter
✓ Water, tea, coffee, fizzy drinks, clear fruit juice e.g. apple juice, Lucozade	x Cloudy juice, juice with bits, smoothies
	x Red or blackcurrant cordial/squash

Advice for diabetic patients

The bowel preparation can upset your diabetes temporarily. A nurse will contact you with advice on how to manage your diabetes whilst you are fasting. If you have not been contacted, please contact us on the telephone numbers on page 4 of this leaflet under **Contact us.** Alternatively, you may wish to speak to your diabetic nurse for advice.

FASTING AND MOVIPREP INSTRUCTIONS

It is very important you follow the instructions below which are necessary to clear your bowel of stool and to enable the procedure to be successful.

DO NOT EAT FOOD FOR 24 HOURS BEFORE THE PROCEDURE

Please check your appointment time to see when to stop eating. During the fasting period, please **DRINK CLEAR FLUIDS ONLY.** Stop drinking two hours before your appointment time.

Clear fluids include:

Water, fizzy drinks, Lucozade, squash (not red or black current), clear soups, Bovril or broth, black tea and coffee (no milk) and jelly (green and yellow only).

Please follow the instructions on the following page (rather than the manufacturer's leaflet) and according to your appointment time.

How to prepare MOVIPREP

The enhanced MOVIPREP preparation consists of 3 separate doses taken as instructed. If you had difficulty clearing your bowel previously or have chronic constipation, **we recommend you take two Senna tablets (7.5mg) at night for 5 nights before starting MOVIPREP.**

The enhanced MOVIPREP regime is a three-dose treatment. The pack contains six sachets: three 'Sachet A's' and three 'Sachet B's.' **To make one dose, mix one 'sachet A' with one 'sachet B' in 1 litre of water.** Stir until the powder has completely dissolved and the solution is clear or slightly hazy (this may take up to five minutes). You may add cordial to improve the taste (not blackcurrant). Each dose (1 litre) of MOVIPREP should be drunk over a period of two hours. You may wish to keep the MOVIPREP mixture in the refrigerator as it is easier to drink when it's cold. There is no need to rush, a glass (250ml) every 30 minutes is sufficient. You should also drink an additional 500ml of water or clear fluids with each litre of MOVIPREP taken.

What to expect when taking MOVIPREP

Everybody responds differently to bowel cleansing. We advise you to remain in easy reach of a toilet as it causes multiple, often urgent, watery bowel movements. It can start working in as little as 30 minutes but may take up to three to four hours to start working in some people depending on your age, diet, if you have diabetes and whether you suffer from constipation. **Your bowel motions on completion of the preparation should be a clear or yellowish watery consistency.**

The MOVIPREP may make you feel nauseated or sick, feel tired, have abdominal bloating or cramps. If you feel nauseated, stop drinking it for 15 minutes and restart slowly, walking around can help. If you do not like the taste, try drinking it through a straw. The effects of the preparation may give you a sore bottom, so we suggest using a **barrier cream** as soon as you start drinking the MOVIPREP and soft flushable wipes. If you are unable to tolerate the bowel preparation, vomit the contents or if by the morning of the procedure you have had little or no result in the toilet, please **Contact us** on the phone numbers of page 4 of this leaflet as it may not be possible to perform the procedure.

MOVIPREP - AFTERNOON APPOINTMENTS

Take two Senna tablets (7.5mg) at night for 5 nights before starting bowel prep	
Suggested routine to follow the DAY BEFORE YOUR PROCEDURE	
Breakfast 7 to 8am	Eat a light breakfast but **avoid** high fibre foods, fruit and vegetables. (See page 6)
Lunch 11am – 12pm	Eat a light lunch but avoid high fibre foods, fruits and vegetables. This will be the last solid meal until after your procedure.
12pm **Stop eating and drink clear fluids**	STOP EATING SOLID FOOD. You can have water, clear soups, jelly (yellow or green only), soft drinks, Lucozade, black tea and coffee (no milk)
12.30pm	Make your **FIRST** 1 litre dose of MOVIPREP and drink over a period of 1 to 2 hours. Remember to drink an additional 500ml of water following this dose.
5.30pm	Make your **SECOND** 1 litre dose of MOVIPREP and drink over a period of 1 to 2 hours. Remember to drink an additional 500mL of water following this dose.
Dinner **Clear fluids only**	You can have clear soups or broth such as Bovril or Oxo and jelly (yellow or green only).
Suggested routine to follow the DAY OF YOUR PROCEDURE	
9am	Make your **THIRD** 1 litre of MOVIPREP and drink a glass every half an hour. Please drink a further 500mls of water following this dose.
Two hours before appointment	**STOP DRINKING FLUIDS**. Please don't worry about travelling to hospital after taking this dose as it clears the stool produced overnight only.

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:
Monday, Tuesday and Thursday between 10am and 4pm
Friday between 10am and 2pm.
Please contact PALS in advance to check if there are any changes to opening times.
The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.
Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.
Tel: 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

Scan here for a map on how to find the Endoscopy Unit at St George's Hospital.

Scan here for a digital copy of this leaflet.

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