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## Gynaecological operation, Moviprep® preparation at home

Your operation requires **clearing your bowel**. **Antibiotics** are also taken during the bowel preparation.

Retrieve the **Moviprep® bowel preparation solution** (includes 2 doses), and the **bowel preparation antibiotics** from the gynaecological inpatient ward for this purpose. A nurse will arrange the date and time with you when they call you the week before your operation.

The bowel preparation can delay the absorption of medication from the gastrointestinal tract. For this reason, it is important that you contact the unit responsible for your care if your medication has changed after your outpatient clinic appointment, or if you are pregnant or breastfeeding.

**Follow the bowel preparation instructions below instead of the package instructions.**

### Two days before the operation

Adopt a diet that is low in fibre. You can eat a dish of fish or chicken with rice or pasta. In addition, foods such as meat broth, juice soup, white bread, white rusks etc. are allowed. Drink liquids at least 2.5 litres per day.

### On the day before the operation

Eat low fibre and high energy breakfast and lunch.

#### Prepare the first Moviprep® solution at around 10 AM:

- Open the plastic package. Empty one pouch A and one pouch B into an empty jug. Add one litre of lukewarm water into the powder.
- Mix until the solution is clear (about 5 minutes).
- The solution is more pleasant to drink while cold, and you can add juice or suck on a mint when you drink the solution to improve the taste.
- Drink the prepared solution within 1 to 2 hours of preparing it.

**Prepare the second Moviprep® solution** when you have completely drunk the first solution, and drink it according to the instructions above. You should drink both solutions within 4 hours of starting.

Drink **plenty of other liquids, around 2 litres**, during the day. Do not drink just water! Liquids that are allowed include juice soup and juice, meat and vegetable broth, tea or coffee, milk, soft drinks and water. In addition, you can eat smooth yogurt or quark.

To ensure adequate energy intake, we recommend that you use supplemental nutrition drinks (for example Nutridrink®, ProvideXtra®), available from pharmacies.

**Do not eat products other than those listed above.**

How quickly the preparation solution takes effect varies from person to person, but usually the solutions takes effect in 1 to 3 hours.

- Moving around promotes emptying of the bowel.
- Slow down drinking the solution if it causes nausea, vomiting, or stomach pain.
- Your stool should be watery after the bowel preparation.

**Take the antibiotics you received** (neomycin and metronidazole) the evening before the surgery **at 18:00 (6 PM) and 24:00 (midnight)** o'clock. Store the medications protected from light. After taking the medication, you must not eat or drink anything.

**On the day of the operation**

Drink one ProvideXtra® drink **2 hours before coming to the hospital**, after which you must not drink or eat anything.