

Moviprep® preparation, gynecological operation or examination

Your operation or examination **requires emptying your bowel**. For this reason, you must buy a Moviprep® bowel preparation solution from a pharmacy (includes 2 doses). During the bowel preparation, the absorption of medication from the gastrointestinal tract can be delayed. 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 breastfeed.

Follow the bowel preparation instructions below instead of the Moviprep® package instructions.

Two days before the operation

Adopt a diet that is **low in fiber**. You can eat a dish of fish or chicken with rice or pasta, and in addition, foods such as meat broth, juice soup, white bread, white rusks etc. are allowed. **Drink** at least 2.5 liters of **liquid** a day.

On the day before the surgery or examination

Eat low fiber and high energy breakfast and lunch.

Prepare the first Moviprep® solution at around 12 noon:

- Open the plastic package. Empty one pouch A and one pouch B into an empty jug. Add one liter 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.

- Drink an abundance, around 2 liters, of other liquids during the preparation. Do not only drink 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 differs 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.

On the day of the operation or examination

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