

Bowel Prep for GI Endoscopy - Extended - Full Clinical Guideline

Reference no.: CG-ENDO/2020/013

1) Introduction

In some individuals conventional doses of bowel preparation are not enough to clean out the large bowel. This is often in patient with chronic constipation. Therefore, to allow adequate visualisation of the large bowel an extended bowel preparation regimen is required in such individuals. This is required to achieve adequate mucosal views and the detection of pathology.

2) Aim and Purpose

This guideline summarises the recommended bowel preparation regimens and dietary advice required when prep is found to be inadequate or where in cases of chronic constipation where standard bowel preparation is anticipated to be inadequate. This guideline should be read in conjunction with '**Bowel Prep for GI Endoscopy – Full Clinical guideline**' reference number **CG-SC/2010/126**.

3) Guideline

The prescription for bowel prep **MUST** be completed prior to supply, and filed in the health record after the procedure is completed.

4) Assessment

Assess the patient to confirm that there are **NO** contraindications.

Absolute Contraindications – *do NOT authorise supply of bowel cleansing product*

- Severe GI obstruction, ileus or perforation
- Severe Inflammatory Bowel Disease
- Toxic megacolon
- Reduced conscious level
- Hypersensitivity to any ingredients
- Dysphagia (unless via NG tube)
- Ileostomy (Picolax® contraindicated)

Co-morbidities and Risk factors

The following comorbidities are not absolute contraindications but may need additional arrangements, in particular review of medication.

- Kidney disease (CKD 4 or 5)
- Electrolyte imbalance (out of range)
- Severe dehydration
- Cardiac failure
- Liver cirrhosis
- Risk of falls due to urgent need to access toilet

Please see the Bowel Prep for GI endoscopy – Full clinical guidelines (CG-SC/2010/126)

5) Documentation Controls

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6) Extended Bowel Prep - Recommended Regimen Patient instructions:

a) Bowel preparation:

You should have been given six packets of Moviprep, three packets labelled A and three packets labelled B. Please ignore the instructions supplied from the manufacturer and follow the instructions below.

b) Seven days before your colonoscopy:

If taking Iron tablets (e.g. Ferrous Fumarate) stop taking these 7 days before the procedure

c) Two days before your colonoscopy:

- Drink two litres of clear fluids (8-10) per day until the day of the procedure. Examples of clear fluids include water, fruit squash, black tea or coffee or clear soup (without any bits in).
- Eat only food from the following list:
Boiled or steamed white fish, chicken (without skin), egg, cheese, white bread, plain muffins, butter, margarine, white rice, white pasta, rich tea biscuits, potatoes without skins, pumpkin, cauliflower, asparagus tips only, tofu, natural yoghurt, plain cottage cheese, tinned peaches/pineapple, plain sponge cake.
- Avoid high fibre foods such as raw fruit or vegetables other than those above, skins, pips, wholemeal bread, wholemeal pasta or rice, salad, mushrooms, nuts, seeds, sweetcorn, cereals, red meat or pink fish.

d) One day before your colonoscopy:

Have a good breakfast and a light lunch from the foods listed above before 12 noon. From 12 noon do not eat any solid food until after your examination but drink plenty of clear fluids.

e) If you are having a morning procedure please follow below:

At 2pm empty the contents of one packet labelled A, and one packet labelled B into a jug containing one litre (1¾ pints) of cold water and stir until dissolved.

Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish.

At 5pm empty the second packet labelled A, and second packet labelled B into a jug containing one litre (1¾ pints) of cold water and stir until dissolved

Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish.

During the evening drink at least one additional litre of water or clear fluid.

f) On the day of your endoscopy:

- At 6am empty the final packet labelled A, and final packet labelled B into a jug containing one litre (1¾ pints) of cold water and stir until dissolved.
- Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish.

g) If you are having an afternoon procedure (12:00 onwards) please follow below:

- At 5pm empty the contents of the one packet labelled A and one packet labelled B into a jug containing one litre (1¾ pints) of cold water and stir until dissolved.
 - Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish.

 - At 7pm empty the second packet labelled A and second packet labelled B into a jug containing one litre (1¾ pints) of cold water and stir until dissolved
 - Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish.
 - During the evening drink at least one additional litre of water or clear fluid.
- h) **On the day of your endoscopy:**
- At 9am empty the final packet labelled A and final packet labelled B into a jug containing one litre (1¾ pints) of cold water and stir until dissolved.
 - Drink one glass every 15 minutes until the jug is empty. You may add ice cubes if you wish

To enable an accurate and complete examination it is essential the bowel is completely clean so please ensure that you drink all the sachets of Moviprep.

Remember to drink plenty of clear fluids. If you do not drink enough fluids you may get dehydrated, feel dizzy, faint or experience a headache.

i) **On the day of your colonoscopy:**

- Please take any regular medication with a small amount of water before 7am unless otherwise instructed by your consultant.
- You may drink quantities of water up until your arrival at the department.

j) **Are there side effects?**

- Please expect to have frequent bowel actions and eventually diarrhoea starting within a few hours of taking the first dose of bowel preparation medication. We would strongly advise that you stay within easy reach of a toilet once you start taking the preparation medicine. If you need to, use a barrier cream such as zinc and castor oil on your bottom to prevent soreness.
- Some stomach cramping is normal
- If you vomit up the preparation or have any other concerns regarding side effects please contact the endoscopy unit during working hours, 8am to 6pm.

k) **Other medications:**

- You may be advised not to take certain other medication such as certain blood pressure drugs (ACE inhibitors such as Ramipril/Lisinopril), water tablets or NSAID painkillers (Ibuprofen)