

PACKAGE LEAFLET

Package leaflet: Information for the User

Movprep, powder for oral solution

Macrogol 3350, Sodium sulfate anhydrous, Sodium chloride, Potassium chloride,
Ascorbic acid and Sodium ascorbate

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor, or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet

1. What Movprep is and what it is used for
2. What you need to know before you take Movprep
3. How to take Movprep
4. Possible side effects
5. How to store Movprep
6. Contents of the pack and other information

1. What Movprep is and what it is used for

Movprep is a lemon flavoured laxative contained in four sachets. There are two large sachets ('sachet A') and two small sachets ('sachet B'). You need all these for one treatment.

Movprep is intended for adults to clean the bowel so that they are ready for examination.

Movprep works by emptying the contents of your bowels, so you should expect to have watery bowel movements.

2. What you need to know before you take Movprep

Do not take take Movprep

- if you are allergic (hypersensitive) to the active substances or any of the other ingredients of this medicine (listed in section 6)
- if you have an obstruction in your intestine (gut)
- if you have a perforated gut wall
- if you have a disorder of stomach emptying
- if you have paralysis of the gut (often occurs after an operation to the abdomen)
- if you suffer from phenylketonuria. This is a hereditary inability of the body to use a particular amino acid. Movprep-contains a source of phenylalanine
- if your body is unable to produce enough glucose-6-phosphate dehydrogenase
- if you have toxic megacolon (a severe complication of acute colitis)

Warnings and precautions

If you are in poor health or have a serious medical condition, you should be particularly

aware of the possible side effects listed in section 4. Contact your doctor or pharmacist if you are concerned.

Talk to your doctor or pharmacist before taking Movprep if you have any of the following:

- a tendency to regurgitate swallowed drink, food or acid from the stomach, or if you have problems with swallowing (see also Movprep with food and drink).
- kidney disease.
- have heart failure, severe kidney problems or are taking blood pressure medicine
- heart failure or heart disease including high blood pressure, irregular heartbeats or palpitations.
- thyroid disease
- dehydration.
- acute flare of inflammatory bowel disease (Crohn's disease or ulcerative colitis).
- have epilepsy or a history of convulsions

Movprep should not be given to patients with impaired consciousness without medical supervision.

If you experience sudden abdominal pain or rectal bleeding when taking Movprep for bowel preparation, contact your doctor or seek medical advice immediately.

If you experience (blood) vomiting followed by sudden chest, neck or abdominal pain, difficulty swallowing or difficulty breathing when taking Movprep, stop taking medicine and promptly contact your doctor.

Children and adolescents

Movprep should not be taken by children and adolescents aged below 18 years.

Other medicines and Movprep

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

If you are taking other medicines orally (e.g. oral contraceptive pill), you should not take them one hour before, during and one hour after taking Movprep because they may be flushed through your digestive system and not work so well.

If taking oral contraceptives, you may need to use additional forms of contraception (e.g. condom) to prevent pregnancy.

Movprep with food and drink

Do not take any solid food from when you start to take Movprep until after the examination.

If you need to thicken fluids in order to swallow them safely, Movprep may counteract the effect of the thickener.

When taking Movprep you should continue to take plenty of fluids. The fluid content of Movprep does not replace your regular liquid intake.

Pregnancy, breast-feeding and fertility

There are no data on the use of Movprep during pregnancy or breast-feeding and it should only be used if considered essential by your doctor. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

Driving and using machines

Movprep does not affect your ability to drive or use machines.

Movprep contains sodium, potassium and a source of phenylalanine

This medicine contains 8.4 g sodium (main component of cooking/table salt) per course of treatment. (A course of treatment consists of two litres of Movprep). This is equivalent to 420% of the recommended maximum daily dietary intake of sodium for an adult. To be taken into consideration by patients on a controlled sodium diet. Only a proportion (up to 2.6 g per course treatment) of sodium is absorbed.

This medicine contains 1.1 g potassium per course of treatment. (A course of treatment consists of two litres of Movprep). To be taken into consideration by patients with reduced kidney function or patients on a controlled potassium diet.

Contains a source of phenylalanine. May be harmful for people with phenylketonuria.

3. How to take Movprep

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure. The recommended dose is two litres of solution, which is made up as follows:

This pack contains two clear bags each containing one pair of sachets: sachet A and sachet B. Each pair of sachets (A and B) is to be dissolved in water to make a one litre solution. This pack is therefore sufficient to make up two litres of Movprep solution.

Before you take Movprep, please read carefully the following instructions. You need to know:

- When to take Movprep
- How to prepare Movprep
- How to drink Movprep
- What you should expect to happen

When to take Movprep

Always take this medicine exactly as described in this leaflet or as your doctor has told you. Check with your doctor if you are not sure. Your treatment with Movprep must be completed before your examination:

This course of treatment can be taken either as divided or single doses as described below:

For procedures conducted when you are put to sleep (using general anaesthesia):

1. Divided doses: one litre of Movprep in the evening before and one litre of Movprep in the early morning of the day of the examination. Ensure consumption of Movprep as well as any other clear fluids has finished at least two hours before the start of the examination.
2. Single dose: two litres of Movprep in the evening before the examination or two litres of Movprep in the morning of the examination. Ensure consumption of Movprep as well as any other clear fluids has finished at least two hours before the start of the examination.

For procedures conducted without the need for putting you to sleep (without using general

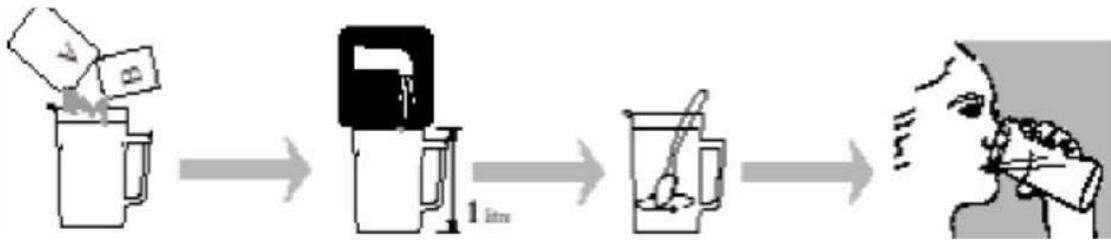
anaesthesia):

1. Divided doses: one litre of Movprep in the evening before and one litre of Movprep in the early morning of the day of the examination. Ensure consumption of Movprep as well as any other clear fluids has finished at least one hour before the start of the examination.
2. Single dose: two litres of Movprep in the evening before the examination or two litres of Movprep in the morning of the examination. Ensure consumption of Movprep has finished at least two hours before the start of the examination. Ensure consumption of any clear fluids has finished at least one hour before the examination.

Important: Do not take any solid food from when you start to take Movprep until after the examination.

How to prepare Movprep

- Open one clear bag and remove the sachets A and B.
- Add the contents of BOTH sachet A and sachet B to a measuring jug that holds 1 litre.
- Add water to make up to the one litre mark of the container and stir until all the powder has dissolved and the Movprep solution is clear or slightly hazy. This may take up to 5 minutes.



How to drink Movprep

Drink the first litre of Movprep solution over one to two hours. Try to drink a glassful every 10 - 15 minutes.

When you are ready, make up and drink the second litre of Movprep solution made up with the contents of the sachets A and B from the remaining bag.

During the course of this treatment, you are recommended to drink a further one litre of *clear* liquid to prevent you feeling very thirsty and becoming dehydrated. Water, clear soup, fruit juice (*without pulp*), soft drinks, tea or coffee (*without milk*) are all suitable. These drinks can be taken until two hours before the examination under general anaesthesia at the latest and until one hour before the examination without general anaesthesia at the latest.

What you should expect to happen

When you start drinking the Movprep solution, it is important that you stay close to a toilet. At some point, you will start to experience watery bowel movements. This is quite normal and indicates that the Movprep solution is working. The bowel movements will stop soon after you have finished drinking.

If you follow these instructions, your bowel will be clear, and this will help you to have a successful examination. You should allow sufficient time after your last drink to travel to the colonoscopy unit.

If you take more Movprep than you should

If you take more Movprep than you should you may develop excessive diarrhoea, which can lead to dehydration. Take generous amounts of fluid, especially fruit juices. If you are worried contact your doctor or pharmacist.

If you forget to take Movprep

If you forget to take Movprep take the dose as soon as you realise you have not taken it. If this is several hours after the time when you should have taken it, contact your doctor or pharmacist for advice. When taking Movprep as divided doses it is important that you complete your Movprep preparation at least; one hour before your examination (without use of general anaesthesia), or two hours before your examination (with use of general anaesthesia). When taking all your Movprep on the morning of the examination as a single dose it is important that you complete your Movprep preparation at least two hours before your examination.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines Movprep can cause side effects, although not everybody gets them. It is normal to get diarrhoea when you take Movprep.

Stop your intake and tell your doctor immediately if you have any of the following side effects:

- rash or itching
- swelling of your face, ankles or other part of your body
- palpitations
- extreme fatigue
- shortness of breath

These are symptoms of a severe allergic reaction.

Stop taking Movprep and immediately contact a doctor if you notice any of the following side effects:

- seizure

If you do not have a bowel movement within 6 hours of taking Movprep, stop the intake and contact your doctor immediately.

Other side effects include:

Very common side effects (may affect more than 1 in 10 people):

Abdominal pain, abdominal distension, tiredness, feeling generally unwell, soreness of the anus, nausea and fever.

Common side effects (may affect up to 1 in 10 people): Hunger, problems sleeping, dizziness, headache, vomiting, indigestion, thirst and chills.

Uncommon side effects (may affect up to 1 in 100 people):

Discomfort, difficulties swallowing, and changes to tests of liver function.

The following side effects have sometimes been seen but it is not known how often they occur because the frequency cannot be estimated from the available data: flatulence (wind), temporary increase in blood pressure, irregular heart rhythm or palpitations, dehydration, retching (straining to

vomit), oesophageal rupture due to vomiting, very low blood sodium levels that can cause convulsions (fits) and changes to the levels of salts in the blood such as decreased bicarbonate, increased or decreased calcium; increased or decreased chloride and decreased phosphate. Blood potassium and sodium levels could also decrease.

These reactions usually only occur for the duration of the treatment. Should they persist, consult your doctor.

Allergic reactions may cause a skin rash, itching, reddening of the skin or a nettle rash, swollen hands, feet or ankles, headaches, palpitations and shortness of breath.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the national reporting system listed in [Appendix V](#). By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Movprep

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton after “EXP”. Please note that the expiry dates may be different for the different sachets. The expiry date refers to the last day of the month.

Keep Movprep sachets at room temperature (below 25°C).

After you have dissolved Movprep in the water, the solution may be stored (keeping covered) at room temperature (below 25°C). It may also be stored in the fridge (2°C -8°C). Do not keep it for more than 24 hours.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Movprep contains

Sachet A contains these active substances:

Macrogol (also known as polyethylene glycol) 3350	100 g
Sodium sulfate anhydrous	7.500 g
Sodium chloride	2.691 g
Potassium chloride	1.015 g

Sachet B contains these active substances:

Ascorbic acid	4.700 g
Sodium ascorbate	5.900 g

The concentration of electrolyte ions when both sachets are made up to one litre of solution is as follows:

Sodium	181.6 mmol/L (of which not more than 56.2 mmol is absorbable)
Chloride	59.8 mmol/L
Sulfate	52.8 mmol/L
Potassium	14.2 mmol/L
Ascorbate	56.5 mmol/L

The other ingredients are:

Lemon flavouring (containing maltodextrin, citral, lemon oil, lime oil, arabic gum, vitamin E), aspartame (E951) and acesulfame potassium (E950) as sweeteners. For further information refer to section 2.

What Movprep looks like and contents of the pack

This pack contains two clear bags each containing one pair of sachets: sachet A and sachet B. Each pair of sachets (A and B) is to be dissolved in one litre of water.

Movprep powder for oral solution in sachets is available in pack sizes of 1, 10, 40, 80, 160 and 320 packs of a single treatment. Hospital packs of 40 single treatments. Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer

Marketing Authorisation Holder:

[To be completed nationally]

Manufacturer:

Norgine B.V., Antonio Vivaldistraat 150, 1083 HP Amsterdam, The Netherlands.

Or

Meribel Pharma Höganäs AB, Sporthallsvägen 6, Höganäs, 263 35, Sweden.

Or

SOPHARTEX, 21 rue du Pressoir, 28500 Vernouillet, France

Or

Norgine Pharma, 29 rue Ethe Virton, Dreux, 28100, France

The medicine is authorised in the Member States of the European Economic Area under the following names:

Austria, Belgium, Bulgaria, Czech Republic, Denmark, Estonia, Finland, France, Germany, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Netherlands, Poland, Portugal, Romania, Slovakia, Slovenia and Spain: Moviprep.

Sweden: Movprep

The following information is intended for healthcare professionals only:

Movprep should be administered with caution to fragile patients in poor health or patients with serious clinical impairment such as:

- impaired gag reflex, or with a tendency to aspiration or regurgitation
- impaired consciousness
- severe renal insufficiency (creatinine clearance <30 mL/min)
- cardiac impairment (NYHA grade III or IV)
- those at risk of arrhythmia, for example those on treatment for cardiovascular disease or who have thyroid disease
- dehydration
- severe acute inflammatory bowel disease

The presence of dehydration or electrolyte shifts should be corrected before the use of Movprep.

Semi-conscious patients or patients prone to aspiration or regurgitation should be closely observed during administration especially if this is via a nasogastric route.

Movprep should not be given to unconscious patients.