

BOWEL PREPARATION FOR COLONOSCOPY

PREPARATION

Please purchase PLENVU from your local pharmacy several days before your procedure.



YOUR APPOINTMENT IS ON: _____

TIMELINE

<p>DAYS 3 & 2</p> <p>BEFORE COLONOSCOPY</p>	<p>DAY BEFORE</p>	<p>DAY OF PROCEDURE</p>
<p>White food diet (see pre-colonoscopy diet)</p> <p>Do not eat any foods with skin, seeds, nuts, grains or high fibre</p>	<p>Hospital will ring with admission time.</p> <p>Follow PLENVU bowel prep instructions including increased clear fluids</p>	<p>Clear fluids only till 2 hrs prior to admission.</p> <p>You will be unable to drive home. Please organise transport.</p>

IMPORTANT:

Anticoagulation medication

Including Warfarin, Iscover, Plavix, Xarelto, Pradaxa and Eliquis should be withheld as instructed at the time of consultation.

Other medications (including Aspirin) can be taken as usual.

Diabetic patients (tablets – stop 2 days prior, Insulin – halve dose day before)

PRE-COLONOSCOPY DIET

YOU CAN EAT – WHITE FOODS	DO NOT EAT -FIBRE/GRAINS	CLEAR FLUIDS
<p>White bread (no whole seeds) English Muffins Cornflakes, Rice Bubbles Pork, Chicken, Fish Peeled Fruit Peeled Vegetables (no beetroot) Potato, Mash Potato Hot Chips Crackers (Saos or Jatz) Eggs Butter/Margarine Cheese Custard Ice Cream White Noodles White Rice</p>	<p>Corn, peas, strawberries Skin on apple, pear, peach, nectarines (peeled fruit ok) Muesli, cereal, muesli bars Nuts or foods containing nuts Jams/marmalades Citrus fruit, grapes, tomatoes Sundried tomatoes Skin on vegetables (peeled vegetables are ok) Legumes e.g baked beans, kidney beans, mustard Sultanas, raisins Brown rice Coconut Sesame, sunflower, poppy seeds Casseroles containing lentils, Barley, split peas Fruit yoghurt Fibre supplements</p>	<p>Water Black tea or coffee (NO milk or non dairy creamer) Soft drinks Sports drinks (Gatorade, Powerade) Cordial Strained fruit juice without pulp, clear apple juice Yellow or orange jelly (NO blackcurrant, red, purple, green or blue drinks or jelly) Clear ice</p>

SAMPLE DIET MENU

BREAKFAST

Cornflakes with milk

OR

White toast and eggs

LUNCH

**Chicken sandwich
(white bread)**

EARLY DINNER

**White fish, mashed potato
or rice**

Vanilla ice cream

INSTRUCTIONS FOR MORNING PROCEDURES

- The day before your procedure
- Light breakfast only completed by 9am
(NO SKINS, SEEDS, NUTS OR GRAINS OR HIGH IN FIBRE)
 - Then start clear fluids only

DOSE 1: Prepare Dose 1 (1 sachet) according to the leaflet in the PLENVU® box. Chill if desired.

At 5PM (day BEFORE procedure) drink your first dose of PLENVU® **SLOWLY** over 60 minutes (you may alternate with clear fluids). Follow with 500 mL of clear fluids. Continue to drink clear fluids only.

DOSE 2: Prepare Dose 2 (2 sachets) according to the leaflet in the PLENVU® box. Chill if desired

5 hours BEFORE admission time drink your second dose of PLENVU® **SLOWLY** over 60 minutes (you may alternate with clear fluids). Follow with 500 mL of clear fluids.

You should continue drinking a lot of varied clear fluids up until your **NIL BY MOUTH** time of **2 hrs before admission**.

INSTRUCTIONS FOR AFTERNOON PROCEDURES

- The day before your procedure
- Light breakfast and light lunch completed by 12 midday
(NO SKINS, SEEDS, NUTS OR GRAINS OR HIGH IN FIBRE)
 - Then clear fluids only

DOSE 1: Prepare Dose 1 (1 sachet) according to the leaflet in the PLENVU® box. Chill if desired.

At 8pm (day before your procedure) drink your first dose of PLENVU® **SLOWLY** over 60 minutes (you may alternate with clear fluids). Follow with 500 mL of clear fluids. Continue to drink clear fluids only.

DOSE 2: Prepare Dose 2 (2 sachets) according to the leaflet in the PLENVU® box. Chill if desired.

5 hrs before admission time drink your second dose of PLENVU® **SLOWLY** over 60 minutes. (you may alternate with clear fluids). Follow with 500 mL of clear fluids.

You should continue drinking a lot of varied clear fluids up until your **NIL BY MOUTH** time of **2 hrs before admission**.

PLEASE FOLLOW ABOVE INSTRUCTIONS FOR PLENVU BOWEL PREP (NOT INSTRUCTIONS ON THE PACKAGING)

**This product is designed to give you watery diarrhoea so stay close to a toilet.
A protective cream or ointment (Lanolin, Vaseline) may be applied to your anal area before diarrhoea begins.**

If you are unsure of any aspect of the preparation or are experiencing side effects please contact your Physician.

IMPORTANT TIPS:

It is important to maintain hydration, before during and after taking PLENVU with a mixture of CLEAR FLUIDS

DO NOT take oral medications within one hour before or after starting PLENVU

You may find it easier to chill and drink PLENVU with a straw