



BOWEL PREPARATION INSTRUCTIONS FOR A COLONOSCOPY

PLENVU

It is important that you notify us well in advance prior to using this regime if

- *You suffer from constipation, have had part of your bowel removed, have had a poor bowel preparation in the past, or have not tolerated the prep in the past*
- *Have diabetes requiring insulin and have not been given instructions on what to do with your insulin*
- *Have diabetes and are taking any tablets whose medical name contains flozin (including but not limited to Jardiance, Forxiga, Xigduo, Glyxambi, Steglatro, Qtern, Steglujan)*
- *Are on Semaglutide (Ozempic, Saxenda)*
- *Are on blood thinning medications other than aspirin (eg Warfarin, Coumadin, Clopidogrel, Plavix, Rivaroxaban, Xarelto, Apixaban, Eliquis, Dabigatran, Pradaxa, Ticlopidine, Ticlid, Ticagrelor, Brillinta, Iscover, Heparin, Clexane, Fragmin, Dipyridamole, Asasantin, Persantin, etc)*

These are instructions on how to ensure that your colon is clean prior to your colonoscopy. It is very important for it to be clean so that the inside of your colon can be inspected thoroughly. If you do not follow the bowel preparation instructions and too much faecal material is still present then the procedure may need to be repeated.

SEVEN DAYS BEFORE THE PROCEDURE

- Stop taking iron supplements
- You will need to obtain a box of PLENVU from your local pharmacist. They may need to order it in for you and hence why we suggest you purchase it well in advance of your procedure.

THREE DAYS BEFORE THE PROCEDURE

- Stop taking any drugs that may make you constipated (e.g. Codeine, Panadeine Forte, Tramadol, Oxycodone etc). If you cannot do without these drugs please contact the rooms for special advice
- You must now begin eating only a low residue diet. Please see page 4 for examples of foods you may eat.
- It is really important that you do not eat foods that are not on the list, especially those with nuts and seeds, as these are hard to digest, and obscure the views at the time of the colonoscopy, which can sometimes mean the procedure needs to be repeated.

FOR A MORNING PROCEDURE (before 1pm)

THE DAY BEFORE YOUR PROCEDURE

1. You may eat a low residue breakfast and lunch before midday (See page 4 for allowed foods).
2. After midday you may only drink clear fluids (See page 5 for allowed clear fluids). No more food is now allowed until after the procedure.
3. At 5.30pm, if you were given an Ondansetron tablet please take it now.
4. At 6pm mix the contents of sachet 1 dose 1 with 500mls of clear fluids and drink. Some patients have found drinking the Plenvu in conjunction with drinking sips of apple juice makes it easier to tolerate.
5. Before bedtime drink at least another 500mls of clear fluids. If you can drink even more then this is better.

THE DAY OF YOUR PROCEDURE

6. Five hours before your admission time if you were given an Ondansetron tablet please take it now.
7. Four hours before your admission time, mix the contents of sachet 2 dose A and dose B with 500mls of clear fluids and drink. Some patients have found drinking the Plenvu in conjunction with drinking sips of apple juice makes it easier to tolerate.
8. Try and then drink at least another 500mls of clear fluids
9. You may continue to drink clear fluids up until 2 hours before your admission time
10. In the two hours before your admission time you must completely fast from all food and liquids. If you have anything to eat or drink or if you chew gum in this two hour pre procedure period the procedure may need to be cancelled.

FOR AN AFTERNOON PROCEDURE (1pm or after)

THE DAY BEFORE YOUR PROCEDURE

1. You may eat a low residue breakfast and lunch and light dinner before 5pm. (See page 4 for allowed foods).
2. After 5pm you may only drink clear fluids (See page 5 for allowed clear fluids). No more food is now allowed until after the procedure.
3. At 5.30pm, if you were given an Ondansetron tablet please take it now.
4. At 6pm mix the contents of sachet 1 dose 1 with 500mls of clear fluids and drink. Some patients have found drinking the Plenvu in conjunction with drinking sips of apple juice makes it easier to tolerate.
5. Before bedtime drink at least another 500mls of clear fluids. If you can drink even more then this is better.

THE DAY OF YOUR PROCEDURE

6. Five hours before your admission time if you were given an Ondansetron tablet please take it now.
7. Four hours before your admission time, mix the contents of sachet 2 dose A and dose B with 500mls of clear fluids and drink. Some patients have found drinking the Plenvu in conjunction with drinking sips of apple juice makes it easier to tolerate.
8. Try and then drink at least another 500mls of clear fluids
9. You may continue to drink clear fluids up until 2 hours before your admission time
10. In the two hours before your admission time you must completely fast from all food and liquids. If you have anything to eat or drink or if you chew gum in this two hour pre procedure period the procedure may need to be cancelled.

SPECIAL NOTES:

- We often get asked by those having a morning procedure, why do they have to wake so early at 4am to take their second sachet of Plenvu. The reason is that this has been shown to produce the best results in terms of a bowel cleanse
- Tips to making drinking your Plenvu a little easier
 - Once you mix the contents of the Plenvu with water, stir it until dissolved. This may take up to 8 minutes
 - The mixture can be drunk at room temperature or chilled
- If you develop nausea with drinking the preparation then you may take your time to drink it slower. It is quite sweet so you can mix it with another clear fluid to neutralize the taste (eg black tea, black coffee, strained lemon juice etc)
- If you have had a gastric band or sleeve and think you cannot tolerate drinking 1L of the Plenvu over the two days please do not worry. We do procedures on many bariatric surgery patients. You may start drinking the prep a little earlier and just drink it a bit slower.
- If at any stage you vomit the preparation, or you have any other concerns regarding preparation please telephone my consulting rooms (9528 1192). If you need advice after hours then, contact Waikiki Private Hospital 9550 0222 (ask to speak to one of the ward nurses). If you are unable to contact them then phone your after-hours GP, the Nurse Direct Line (1800022222) or your local emergency department.
- Once your laxatives begin to take effect you will lose a lot of fluid and it is critical that you maintain your hydration. Do not over exert yourself once you have begun the prep just in case your blood pressure begins to fall as a result of dehydration. Feeling faint can occasionally occur and should be treated by drinking more fluids and resting.
- You should take any medications (other than iron and constipating medications) that you would normally take up until the two hours before your admission time. Any medications that would normally be taken in the two hours before your admission time do not need to be taken.
- If you are diabetic then you should take your diabetic tablets as normal unless you have been given advice otherwise. If you are requiring insulin then you should have already contacted my rooms in advance to ask for special advice. If you haven't done so then immediately call one of the numbers listed above.
- You may use a barrier cream such as castor oil on your bottom, if required, to prevent soreness.
- Some intestinal cramping is normal.
- Your stools should be clear or yellow. If they are not then please contact the hospital, and then come to the hospital 30 minutes before your appointment time, as you may require further laxatives.

Suggested 'low residue' menu plan only

The menu plan is a suggestion only and is not intended for long term use, as it contains fewer vegetables and fruits than recommended in a balanced diet.

BREAKFAST	LUNCH/DINNER	SNACKS
Juice – apple, cranberry, pear, white grape	Clear soups, broths, chicken noodle soup	Cheese and plain crackers
Plain yoghurt (no fruit or nut topping)	Fish, veal, lean lamb, lean pork, chops, ham, chicken, turkey	Rice cakes, protein bars (no nuts)
Small bowl Cornflakes or Rice bubbles	Potato or pumpkin (skinless), baked, steamed, mashed, potato salad	Ham quiche
2 eggs poached, boiled or scrambled	Pasta carbonara or macaroni	Parmesan cheese sticks
Bacon, sausage	Cheese (no tomato paste or bottled sauces)	Wedges with sour cream
Hash browns	Sandwiches - white bread/roll	Cake based on white flour
1 slice white toast	Panini: chicken, ham, (no mustard),	Biscuits based on white flour
French toast, cinnamon sugar	tuna, turkey, pastrami, corned beef, cheese, egg	Chocolate biscuits - no nuts
Vegemite, honey	Baked rice custard, chocolate, mousse	Cheesecake - no wholemeal crust
Croissants - plain or ham and cheese	Plain ice cream	Scones with honey
Low fibre muffin - no fruits or nuts	Water, soft drink, tea, coffee	Pikelets with lemon & sugar or honey
Crumpets and honey		Waffles with syrup
Pancakes with syrup		Vanilla slice (no passionfruit)
Chocolate brioche		Doughnut, danish, custard tart, meringue kisses
Tea, coffee, water		Milkshakes, protein shakes
		Clear sports drinks, tea, iced tea, coffee, hot chocolate
		Plain/chocolate Sustagen
		Ensure, Digestelact, water

Clear fluids include the following:

- Water
- Black tea
- Black coffee
- Cordial – orange or lemon **NO red, green, purple or blue**
- Fruit juice – pulp free orange or clear apple
- Clear Soup - strain bits out before drinking
- Yellow or orange jelly
- Sports Drinks e.g. Gatorade or Powerade. **NO red, green, purple or blue**
- Beef tea eg Bovril, Bonox
- Soup cubes eg stock cube in hot water