

# COLONOSCOPY – BOWEL PREPARATION INSTRUCTIONS

## Morning procedure—Plenvu

The key to a successful colonoscopy is a clean bowel. You must follow all of these instructions carefully. **IF YOUR COLON IS NOT CLEAN THE PROCEDURE WILL BE STOPPED AND YOU WILL HAVE TO REPEAT THE BOWEL PREP AND PROCEDURE.**

First, you need to obtain the following bowel preparation medication from the hospital pharmacy or local pharmacy.

- **Plenvu Bowel Preparation Box**

If you take **BLOOD THINNING MEDICATIONS** (including Warfarin, Rivaroxaban, Dabigatran, Clopidogrel, Prasugrel, Ticagrelor, Apixaban) and have not attended or received phone advice from Pre-Admission Clinic, please call the Endoscopy Department on **8345 6015** for further instructions

If you take **DIABETES MEDICATIONS/INSULIN** you should have received the “Diabetic Management Guidelines” which you must follow. If this has not happened, please call **8345 6015** for advice

### 7 DAYS BEFORE COLONOSCOPY

**Stop** taking any **IRON TABLETS**

### 2 DAYS BEFORE COLONOSCOPY

**Stop** eating **SEEDS, GRAINS or PEELS/SKINS**

**Start** a **LOW RESIDUE ‘WHITE DIET’**. Eat only the following foods:  
White bread/ toast, rice bubbles, white rice, white pasta, potatoes (**peeled**), rice noodles, rice crackers, white flour, sugar, eggs, chicken breast (**no skin**), white fish fillet (**no skin**), white cheeses, white coloured yoghurt (**no added fruit**), mayonnaise, cream, sour cream, butter/margarine, cooking oil, vanilla ice cream, white chocolate, lemonade icy-pole, clear jelly (**not red/blue**), custard

### DAY BEFORE COLONOSCOPY

Have a **LIGHT BREAKFAST** of white bread/toast

After breakfast, **ONLY HAVE CLEAR FLUIDS.**

**DO NOT HAVE LUNCH OR DINNER**

Do have plenty of **clear fluids** such as:

- \* Water or clear broth
  - \* Clear fruit juice (e.g. apple juice) or lemon/orange cordials
  - \* Coffee or tea **without milk**
  - \* Clear Gatorade or other sports drinks, soft drinks
  - \* Plain jelly **without added fruits** or toppings
- (**avoid** red, purple or green coloured drinks/jellies)

### DAY BEFORE COLONOSCOPY

**Please note: Taking the bowel prep will cause you to have diarrhoea. This is the only way to ensure the bowel is clean**

	<p><b>Start taking the bowel preparation between 6.00 pm and 8.00 pm</b></p> <ul style="list-style-type: none"> <li>• Open the carton and remove the Dose 1 (1 sachet)</li> <li>• Pour the contents into a measuring container that hold at least 500ml of fluid</li> <li>• Add water to make up to the 500ml mark on your container</li> <li>• Stir until all the powder has dissolved. This may take up to eight minutes.</li> <li>• If you have prepared the dose in advance, it can be stored (keeping covered) at or below 25°C. It may also be stored in the refrigerator (2°C to 8°C).</li> <li>• Do not keep it for more than 6 hours.</li> <li>• <b>Once powder is dissolved drink PLENVU® Dose 1 over 30 minutes. Try to drink a glassful (250 mL) every 10-15 minutes.</b></li> <li>• <b>After you have drunk all of Dose 1, drink 500 mL of clear fluids* over the next 30 minutes.</b></li> </ul>
<p><b><u>DAY OF COLONOSCOPY</u></b></p>	<p><b>Get up early at 4.30 am.</b></p> <p>Take any regular medication before 4.30 am. If you are diabetic do not take your diabetes tablets this morning and refer to the diabetic guidelines for more instructions.</p> <p><b>Start taking the bowel preparation at 4.30-6:00 am.</b></p> <ul style="list-style-type: none"> <li>• Open the carton and remove Dose 2 (containing 2 sachets A and B)</li> <li>• Pour the contents of both sachets A and B into a measuring container that hold at least 500mL of fluid</li> <li>• Add water to make up to the 500mL mark on your container</li> <li>• Stir until all the powder has dissolved. This may take up to eight minutes.</li> <li>• <b>If you have prepared the dose in advance, it can be stored (keeping covered) at or below 25°C. It may also be stored in the refrigerator (2°C to 8°C).</b></li> <li>• <b>Do not keep it for more than 6 hours.</b></li> <li>• <b>Once dissolved, drink PLENVU® Dose 2 over 30 minutes. Try to drink a glassful (250 mL) every 10-15 minutes.</b></li> <li>• <b>After you have drunk all of Dose 2, drink 500 mL of clear fluids* over the next 30 minutes.</b></li> </ul> <p><b>DO NOT HAVE BREAKFAST</b></p> <p><b>FROM 6.00 am</b> and until the time of your colonoscopy</p> <ul style="list-style-type: none"> <li>– <b>NIL BY MOUTH (means NOTHING TO EAT or DRINK).</b></li> </ul>

## How Do I Know if my Prep is Working

### How do I know when my bowel prep is complete ?

The stool coming out should look like the stuff you are eating and drinking - clear, without many particles. You know you're done when the stool coming out is yellow, light, liquid and clear - like urine.



▲  
Dark and  
murky.  
NOT OK

▲  
Brown  
and  
murky,  
NOT OK

▲  
Dark  
orange and  
semi-clear  
NOT OK

▲  
Light orange  
and mostly  
clear.  
ALMOST  
THERE

▲  
Yellow and  
clear, like  
urine.  
**YOU'RE  
READY!**