

COLONOSCOPY – BOWEL PREPARATION INSTRUCTIONS

Afternoon 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 from your 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** and **LIGHT LUNCH** of ‘white diet’. Take any regular medications. If you are diabetic do not take your diabetes tablets today and refer to the diabetic guidelines for more instructions.

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

DO NOT HAVE 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

Start taking the bowel preparation between 6.00 pm and 8.00 pm

- Open the carton and remove the Dose 1 (1 sachet)
- Pour the contents into a measuring container that hold at least 500ml of fluid
- Add water to make up to the 500ml mark on your container
- Stir until all the powder has dissolved. This may take up to eight minutes.
- 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).
- Do not keep it for more than 6 hours.
- **Drink PLENVU® Dose 1 over 30 minutes. Try to drink a glassful (250 mL) every 10-15 minutes.**
- **After you have drunk all of Dose 1, drink 500 mL of clear fluids* over the next 30 minutes.**

DAY OF COLONOSCOPY**Start taking the bowel preparation between 9.00 – 11.00**

Take any regular medication before 8.00 am. If you are diabetic do not take your diabetes tablets this morning and refer to the diabetic guidelines for more instructions.

Start taking the bowel preparation at 9:00 am.

- Open the carton and remove Dose 2 (containing 2 sachets, A and B)
- Pour the contents of both sachets into a measuring container that hold at least 500mL of fluid
- Add water to make up to the 500mL mark on your container
- Stir until all the powder has dissolved. This may take up to eight minutes.
- **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).**
- **Do not keep it for more than 6 hours.**
- **Drink PLENVU® Dose 2 over 30 minutes. Try to drink a glassful (250 mL) every 10-15 minutes.**

After you have drunk all of Dose 2, drink 500 mL of clear fluids* over the next 30 minutes.

DO NOT HAVE BREAKFAST

FROM 11:00 and until the time of your colonoscopy

- **NIL BY MOUTH (means NOTHING TO EAT or DRINK).**

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!**