

EXTENDED BOWEL PREPARATION

For Colonoscopy

PLENVU



PURCHASE



Purchase 1 box of Plenvu from the chemist,
4 Sachets of Movicol

If you are allergic to Mango, this preparation is not suitable.
Please contact us for alternative bowel prep instructions.

MEDICATIONS



5 days before:

STOP all iron containing medications and AVOID grains, nuts and seeds. If you are on **blood thinning, diabetes or Parkinson's disease related medication**, please contact us to discuss further on 8814 1778.

3 DAYS BEFORE YOUR PROCEDURE

- ✓ Start taking 2 sachets of Movicol EVERY DAY (1 sachet in the morning and 1 sachet in the evening) until the day before your procedure (NOT including the day of the procedure)

2 DAYS BEFORE YOUR PROCEDURE

- ✓ Continue to take your second round of Movicol sachets
- ✓ Follow the WHITE diet (as on page 3)
- ✓ Have an early dinner. It must be completed by 6 pm
- ✓ After this time, no solid food or milk
- ✓ Continue with clear liquids only



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ONE DAY BEFORE YOUR PROCEDURE

For patients with
ADMISSION time **BEFORE** 12 PM

- ✓ Prepare PLENVU DOSE 1 as per instructions and refrigerate
- ✓ Continue with clear liquids only.

6.00 pm - 7.00 pm

- ✓ Drink PLENVU DOSE 1 mixture in one hour
- ✓ Follow with 500ml of clear fluids
- ✓ Continue to drink clear fluids during the evening to remain hydrated
- ✓ **BEFORE BEDTIME**, prepare Dose 2 (using both sachets) and refrigerate

For patients with
ADMISSION time **AFTER** 12 PM

- ✓ Prepare PLENVU DOSE 1 as per instructions and refrigerate
- ✓ Continue with clear liquids only.

7.00 pm - 8.00 pm

- ✓ Drink PLENVU DOSE 1 mixture in one hour
- ✓ Follow with 500ml of clear fluids
- ✓ Continue to drink clear fluids during the evening to remain hydrated
- ✓ **BEFORE BEDTIME**, prepare Dose 2 (using both sachets) and refrigerate

ON THE DAY OF YOUR PROCEDURE

4 hours before **ADMISSION** time:

- ✓ Drink PLENVU DOSE 2 over 30 – 60 minutes
- ✓ Follow with 500ml of clear fluids
- ✓ Continue to drink water to remain hydrated
- ✓ If you take morning medications, take them now (unless instructed otherwise)

2 hours before **ADMISSION** time:

- ✓ **STRICT FASTING** (Nil by mouth)
- ✓ No more clear fluids, nothing to eat, no chewing gum



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!

To know if the bowel preparation is working, please see the image to the left.



BOWEL PREPARATION

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THE WHITE DIET



You may **ONLY** eat from the list below. No other foods are allowed.

Start 2 DAYS before your procedure

WHITE FOODS ALLOWED:

- Milk, white yoghurt (no added fruit), mayonnaise, cream, sour cream, butter and margarine, cooking oil
- White bread/toast (not high-fibre), rice bubbles, eggs
- White rice, regular pasta, potatoes (peeled and mashed only) rice noodles
- Rice crackers (plain), white flour, sugar
- Chicken breast (no skin), white fish fillet (no skin)
- Cheese: cream cheese, cheddar, ricotta, feta, cottage, mozzarella, parmesan
- White chocolate, vanilla ice cream, lemonade icy-pole, custard, "milk bottles" (white confectionary)

Clear fluids allowed:

- Water, soda water, mineral water, clear cordials, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp) black coffee/tea, clear soup (eg. Clear chicken broth)

Foods NOT allowed:

- Anything **NOT** listed above
- Other white foods such as fruit or vegetables, pears, parsnip, cauliflower, onion, high-fibre white bread, whole grain bread, tofu coconut, porridge, banana, mushrooms, semolina, couscous, popcorn

White diet SAMPLE Menu (example)

Remember to drink clear fluids during the day to remain hydrated.

Breakfast:

Glass of milk
Rice bubbles with milk and white sugar
OR scrambled eggs and white toast

Morning Tea:

Glass of mineral water or soda water
Plain rice crackers with cheese

Lunch:

Glass of lemonade
White bread sandwich with sliced chicken breast, cream cheese or mayonnaise

Afternoon Tea:

Plain vanilla yoghurt
Vanilla milkshake

Dinner:

White fish fillet with white rice or mashed potato OR regular pasta with diced chicken breast and parmesan cheese

OR chicken soup (clear chicken broth/stock) with rice noodles

OR chicken breast and white bread Vanilla ice cream

OR white chocolate or lemon sorbet

