

# 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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## PLENVU



### 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



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.

If your output is not consistent with this image please inform hospital upon arrival.

# BOWEL PREPARATION

For Colonoscopy

## 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), jelly, 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

