

EXTENDED BOWEL PREPARATION

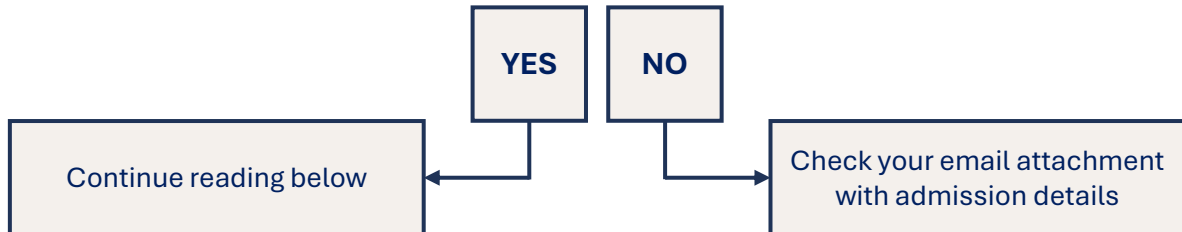
For Colonoscopy
PLENVU



Read this 5 days before your procedure

The following information is important to follow to secure a successful view of your bowels

Do you know your admission day and time?



5 DAYS BEFORE YOUR PROCEDURE

STOP all iron containing medications, eating grains, nuts and seeds

START increasing your fluids

PURCHASE Plenvu from the chemist.

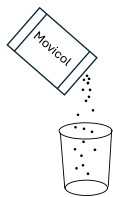
(If you are allergic to Mango, citrus or macrogol this preparation is not suitable. Please contact us for alternative bowel prep instructions.)

CALL US if you take **MEDICATIONS** for the below:

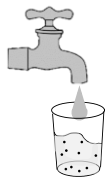
Diabetes, blood thinning, weight loss, Parkinsons & Epilepsy related medications

3 DAYS BEFORE YOUR PROCEDURE

9am
First Movicol
sachet



Pour into glass



Add 125ml of
water

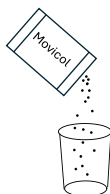


Stir until dissolved
(up to 8min)

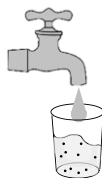


Drink Movicol

6pm
Second Movicol
sachet



Pour into glass



Add 125ml of
water



Stir until dissolved
(up to 8min)



Drink Movicol

2 DAYS BEFORE YOUR PROCEDURE

✓ Follow the **white diet** below

THE WHITE DIET

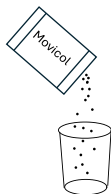
You may **ONLY** eat from the permitted list below. You may have breakfast and lunch and dinner
NO other foods are allowed

6am

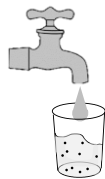
Food	Drinks
<ul style="list-style-type: none"> ✓ White bread/toast (nothing-fibre) ✓ Rice bubbles ✓ White rice ✓ Regular pasta ✓ Potatoes (peeled and mashed only) ✓ Rice noodles ✓ Rice crackers (plain) ✓ Pancakes ✓ Crumpets ✓ Hashbrowns ✓ White flour ✓ Cooking oil ✓ Chicken breast ✓ White fish fillet (no skin) ✓ Eggs ✓ "Milk bottles" (white confectionary) ✓ Custard 	<ul style="list-style-type: none"> ✓ Milk ✓ White yoghurt (no added fruit) ✓ Mayonnaise ✓ Cream ✓ Sour cream ✓ Butter and margarine ✓ Cream cheese ✓ Cheddar ✓ Ricotta ✓ Feta ✓ Cottage cheese ✓ Mozzarella ✓ Parmesan ✓ Sugar ✓ White chocolate ✓ Vanilla ice cream ✓ Lemonade icy-pole
<ul style="list-style-type: none"> ✓ Black coffee ✓ Black tea ✓ Clear soup (e.g. clear chicken broth) ✓ Water ✓ Soda water ✓ Mineral water ✓ Clear cordials ✓ Sports drinks (not red/purple/blue) ✓ Hydralyte (not red/purple) ✓ Berocca (not red/purple) ✓ Apple juice (no pulp) ✓ Lemonade ✓ Jelly 	

9am

Third Movicol sachet



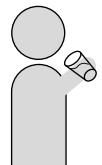
Pour into glass



Add 125ml of water



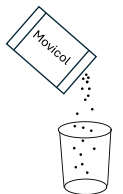
Stir until dissolved (up to 8min)



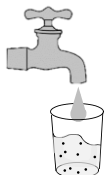
Drink Movicol

6pm

Fourth Movicol sachet



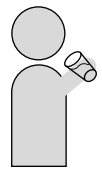
Pour into glass



Add 125ml of water



Stir until dissolved (up to 8min)



Drink Movicol

✓ After 6.00pm – **STOP** eating – clear fluids only

Is your admission time **before** 12pm?

(see page 3)

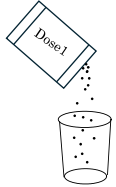
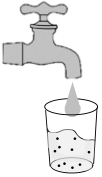

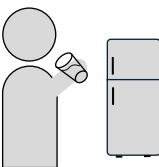

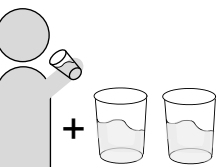

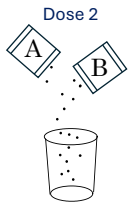
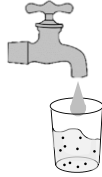


Is your admission time **after** 12pm?

(see page 4)


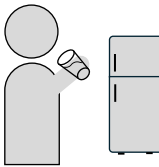

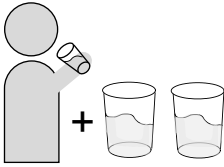




Preparation for admission BEFORE 12pm

If your admission time is 12pm or after do NOT follow this. Go to page 3

1 DAY BEFORE YOUR PROCEDURE

<p>5pm PLENVU Dose 1</p>	 <p>Pour into glass that can hold 500ml</p>	 <p>Add 500ml of water</p>	 <p>Stir until dissolved (up to 8min)</p>	 <p>Dissolve and refrigerate for easy drinking</p>
<p>6pm – 7pm</p>	 <p>Take out of fridge</p>	 <p>Sip over 30 mins</p>	 <p>Drink 500ml of clear fluids</p>	 <p>Keep drinking clear fluids in the evening to stay hydrated</p>
<p>BEFORE BED PLENVU Dose 2</p>	 <p>Pour into glass that can hold 500ml</p>	 <p>Add 500ml of water</p>	 <p>Stir until dissolved (up to 8min)</p>	 <p>Dissolve and refrigerate for easy drinking</p>

DAY OF PROCEDURE

<p>4 HOURS PRIOR TO ADMISSION</p>	 <p>Take any needed medication now</p>	 <p>Take Plenvu out of fridge</p>	 <p>Sip over 30 mins</p>	
	 <p>Follow with 500ml of clear fluids</p>		 <p>Keep drinking clear fluids to stay hydrated</p>	
<p>2 HOURS PRIOR TO ADMISSION</p>	<p>Strict fasting, no drinking, no eating, nil by mouth</p>			

To know if the bowel preparation is working, please see the image below.
If your output is not consistent with this guide, please inform the hospital upon arrival.

Dark and murky →

Brown and murky →

Dark orange →

Light orange →

Yellow and clear

NOT OK

NOT OK

NOT OK

ALMOST THERE

YOU'RE READY!


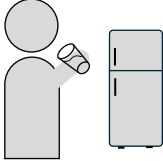
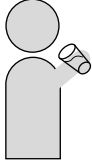
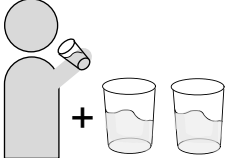




Preparation for admission AFTER 12pm

If your admission time is before 12pm do NOT follow this. Go to page 2

1 DAY BEFORE YOUR PROCEDURE

<p>7pm PLENVU Dose 1</p>	 Pour into glass that can hold 500ml	 Add 500ml of water	 Stir until dissolved (up to 8min)	 Dissolve and refrigerate for easy drinking
<p>8pm – 9pm</p>	 Take out of fridge	 Sip over 30 mins	 Drink 500ml of clear fluids	 Keep drinking clear fluids in the evening to stay hydrated
<p>BEFORE BED PLENVU Dose 2</p>	 Pour into glass that can hold 500ml	 Add 500ml of water	 Stir until dissolved (up to 8min)	 Dissolve and refrigerate for easy drinking

DAY OF PROCEDURE

<p>4 HOURS PRIOR TO ADMISSION</p>	 Take any needed medication now	 Take Plenvu out of fridge	 Sip over 30 mins	
	 Follow with 500ml of clear fluids	 Keep drinking clear fluids to stay hydrated		
<p>2 HOURS PRIOR TO ADMISSION</p>	Strict fasting, no drinking, no eating, nil by mouth			
				

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Dark and murky →

Brown and murky →

Dark orange →

Light orange →

Yellow and clear

NOT OK

NOT OK

NOT OK

ALMOST THERE

YOU'RE READY!