

# BOWEL PREPARATION

For Colonoscopy

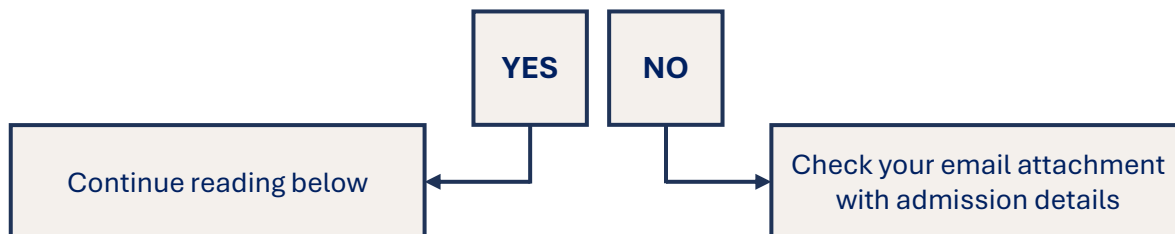
PLENVU



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?



## 7 DAYS BEFORE YOUR PROCEDURE

**STOP** taking weight loss medications including Ozempic, Mounjaro and Wegovy

## 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

## 2 DAYS BEFORE YOUR PROCEDURE

You may have a white diet for breakfast, lunch and dinner. Have an early dinner, **cease eating by 6pm.**

### THE WHITE DIET

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

#### Food

- ✓ 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

- ✓ 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

#### Drinks

- ✓ 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

6am – 6pm

After this time, **no solid food or milk, clear fluids ONLY.**

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

(see page 2)

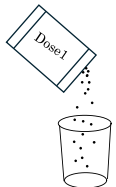
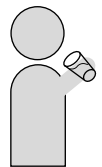

Is your admission time **after** 12pm?

(see page 3)


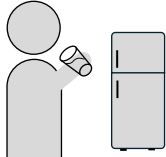
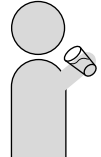
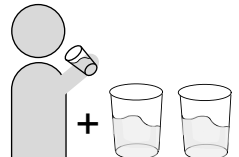



# Preparation for admission BEFORE 12pm

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>8 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>8 HOURS PRIOR TO ADMISSION</p>	<p>After the second dose of bowel prep, 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


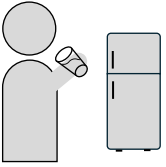

ALMOST THERE

YOU'RE READY!


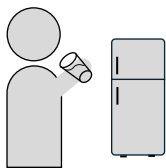
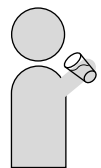
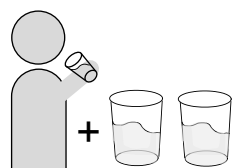



## Preparation for admission AFTER 12pm

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>	 <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>8pm – 9pm</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>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>8 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>8 HOURS PRIOR TO ADMISSION</p>	<p>After the second dose of bowel prep, strict fasting. NO drinking, NO eating, nil by mouth</p>			 <p><b>FOOD</b></p>	 <p><b>DRINK</b></p>	 <p><b>GUM</b></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!