

EXTENDED BOWEL PREPARATION

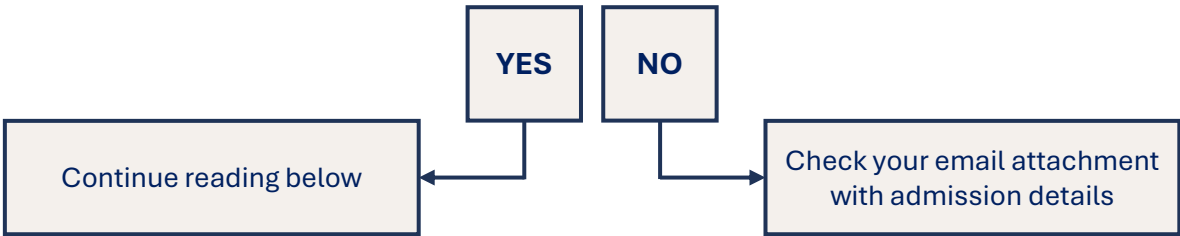
For Colonoscopy
PLENVU



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 and Movicol from the chemist.

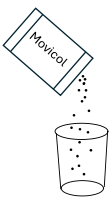
(If you are allergic to Mango, citrus or macrogol this preparation is not suitable. Please contact us for alternative bowel prep instructions.)

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

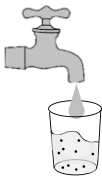
Diabetes, blood thinning, weight loss, Parkinsons & Epilepsy related medications

3 DAYS BEFORE YOUR PROCEDURE

9am
First **Movicol**
sachet



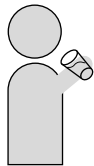
Pour into glass



Add 125ml of
water

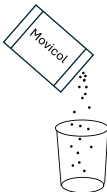


Stir until dissolved
(up to 8min)

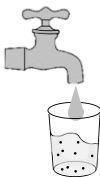


Drink Movicol

6pm
Second **Movicol**
sachet



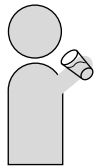
Pour into glass



Add 125ml of
water

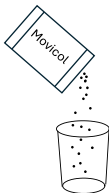
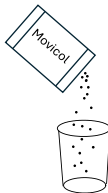
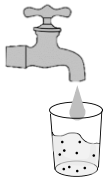


Stir until dissolved
(up to 8min)



Drink Movicol

2 DAYS BEFORE YOUR PROCEDURE

6am – 6pm	✓ You may have a white diet for breakfast, lunch and dinner			
9am Third Movicol sachet	 Pour into glass	 Add 125ml of water	 Stir until dissolved (up to 8min)	 Drink Movicol
6am – 6pm	THE WHITE DIET You may ONLY eat from the permitted list below. NO other foods are allowed			
	Food		Drinks	
	✓ 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	
6pm Fourth Movicol sachet	✓ Have an early dinner, cease eating by 6pm. ✓ After this time, no solid food or milk, clear fluids ONLY.  Pour into glass  Add 125ml of water  Stir until dissolved (up to 8min)  Drink Movicol			

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

(see page 3)

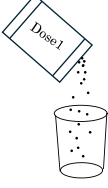
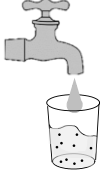
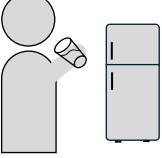
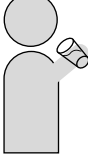
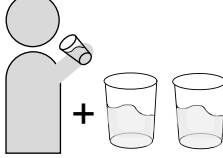
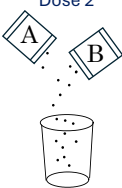
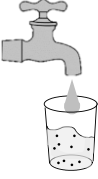
Is your admission time **after** 12pm?

(see page 4)

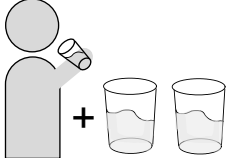
Preparation for admission BEFORE 12pm

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

1 DAY BEFORE YOUR PROCEDURE

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

4 HOURS PRIOR TO ADMISSION	 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	
2 HOURS PRIOR TO ADMISSION	Strict fasting, no drinking, no eating, nil by mouth		
	  		

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

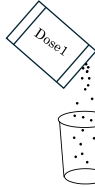
YOU'RE READY!

Preparation for admission AFTER 12pm

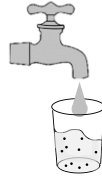
If your admission time is before 12pm do NOT follow this. Go to page 2

1 DAY BEFORE YOUR PROCEDURE

7pm
PLENVU
Dose 1



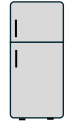
Pour into glass that
can hold 500ml



Add 500ml
of water

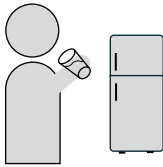


Stir until dissolved
(up to 8min)



Dissolve and refrigerate
for easy drinking

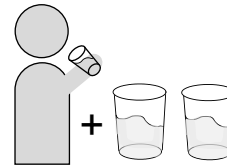
8pm – 9pm



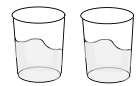
Take out
of fridge



Sip over
30 mins

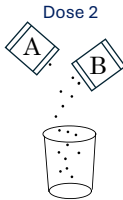


Drink 500ml of
clear fluids

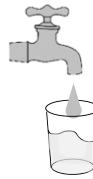


Keep drinking clear fluids in
the evening to stay hydrated

BEFORE BED
PLENVU
Dose 2



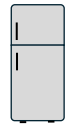
Pour into glass that
can hold 500ml



Add 500ml
of water



Stir until dissolved
(up to 8min)



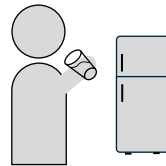
Dissolve and refrigerate for
easy drinking

DAY OF PROCEDURE

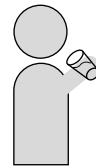
4 HOURS
PRIOR TO
ADMISSION



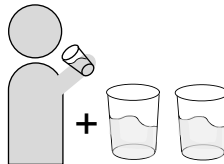
Take any needed
medication now



Take Plenvu out of fridge



Sip over 30 mins



Follow with 500ml of clear fluids



Keep drinking clear fluids to stay hydrated

2 HOURS
PRIOR TO
ADMISSION

Strict fasting, no drinking, no eating, nil by mouth



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!