

# BOWEL PREPARATION

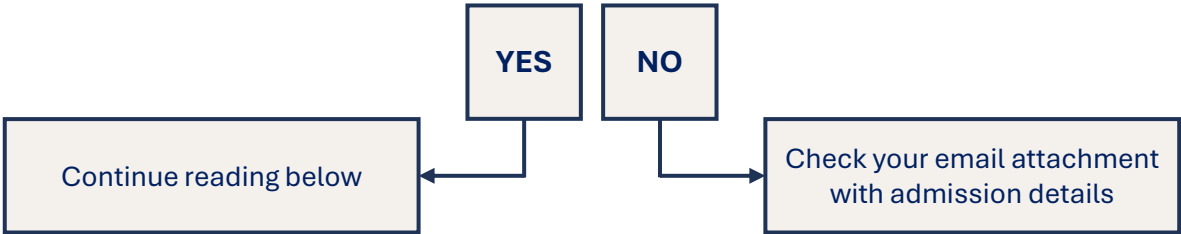
For Colonoscopy  
PLENVU



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

### 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

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

(see page 2)

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

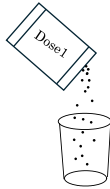
(see page 3)

## Preparation for admission BEFORE 12pm

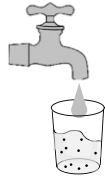
If your admission time is 12pm or after do NOT follow this. Go to page 3

### 1 DAY BEFORE YOUR PROCEDURE

5pm  
PLENVU  
Dose 1



Pour into glass that  
can hold 500ml



Add 500ml  
of water

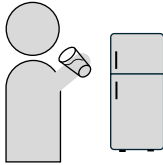


Stir until dissolved  
(up to 8min)



Dissolve and refrigerate  
for easy drinking

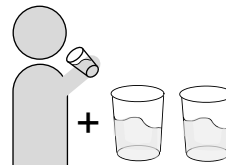
6pm – 7pm



Take out  
of fridge



Sip over  
30 mins

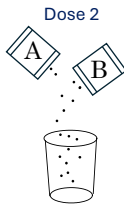


Drink 500ml of  
clear fluids

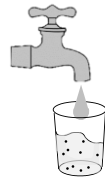


Keep drinking clear fluids in  
the evening to stay hydrated

BEFORE BED  
PLENVU  
Dose 2



Pour into glass that  
can hold 500ml



Add 500ml  
of water



Stir until dissolved  
(up to 8min)



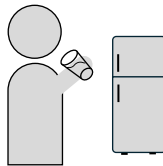
Dissolve and refrigerate  
for easy drinking

### DAY OF PROCEDURE

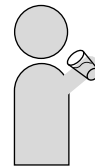
8 HOURS  
PRIOR TO  
ADMISSION



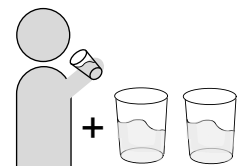
Take any needed  
medication now



Take Plenvu out of  
fridge



Sip over 30 mins



Follow with 500ml of clear  
fluids

8 HOURS  
PRIOR TO  
ADMISSION

After the second dose of bowel prep, 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

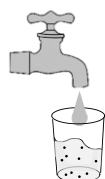
If your admission time is before 12pm do NOT follow this. Go to page 2

### 1 DAY BEFORE YOUR PROCEDURE

7pm  
PLENVU  
Dose 1



Pour into glass that  
can hold 500ml



Add 500ml  
of water

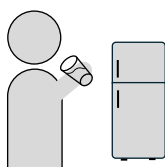


Stir until dissolved  
(up to 8min)



Dissolve and refrigerate  
for easy drinking

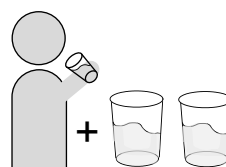
8pm – 9pm



Take out  
of fridge



Sip over  
30 mins

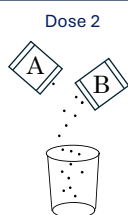


Drink 500ml of  
clear fluids

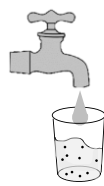


Keep drinking clear fluids in  
the evening to stay hydrated

BEFORE BED  
PLENVU  
Dose 2



Pour into glass that  
can hold 500ml



Add 500ml  
of water



Stir until dissolved  
(up to 8min)



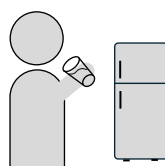
Dissolve and refrigerate  
for easy drinking

### DAY OF PROCEDURE

8 HOURS  
PRIOR TO  
ADMISSION



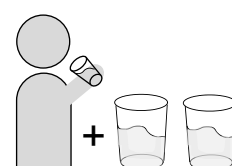
Take any needed  
medication now



Take Plenvu out of fridge



Sip over 30 mins



Follow with 500ml of clear fluids

8 HOURS  
PRIOR TO  
ADMISSION

After the second dose of bowel prep, strict fasting.  
NO drinking, NO eating, **nil by mouth**



Dark and murky →

Brown and murky →

Dark orange →

Light orange →

Yellow and clear

NOT OK

NOT OK

NOT OK

ALMOST THERE

YOU'RE READY!

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.