

BOWEL PREPARATION

For Colonoscopy

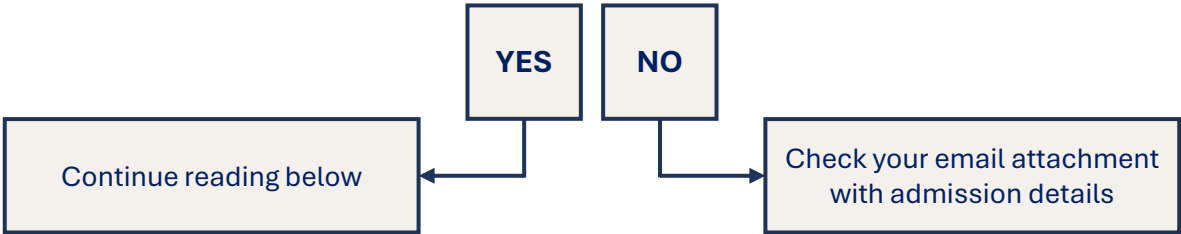
PLENVU



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

1 DAY BEFORE YOUR PROCEDURE

THE WHITE DIET

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

6am

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
	✓ 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

Is your admission time **before** 12pm? (see page 2)
Is your admission time **after** 12pm? (see page 3)

Preparation for admission BEFORE 12pm

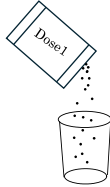
If your admission time is 12pm or after do NOT follow this. Go to page 3

1 DAY BEFORE YOUR PROCEDURE

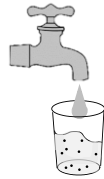
1.30pm

STOP eating – clear fluids only

5pm
PLENVU
Dose 1



Pour into glass that can hold 500ml



Add 500ml of water

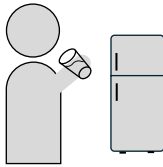


Stir until dissolved (up to 8min)



Dissolve and refrigerate for easy drinking

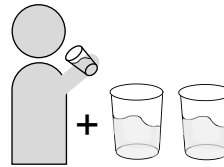
6pm – 7pm



Take out of fridge



Sip over 30 mins

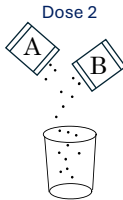


Drink 500ml of clear fluids

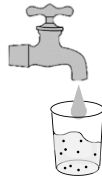


Keep drinking clear fluids in the evening to stay hydrated

BEFORE BED
PLENVU
Dose 2



Pour into glass that can hold 500ml



Add 500ml of water



Stir until dissolved (up to 8min)



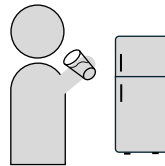
Dissolve and refrigerate for easy drinking

DAY OF PROCEDURE

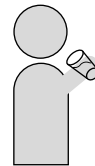
4 HOURS
PRIOR TO
ADMISSION



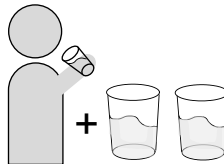
Take any needed medication now



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

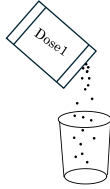
If your admission time is before 12pm do NOT follow this. Go to page 2

1 DAY BEFORE YOUR PROCEDURE

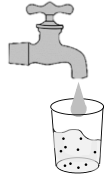
1.30pm

STOP eating – clear fluids only

7pm
PLENVU
Dose 1



Pour into glass that
can hold 500ml



Add 500ml
of water

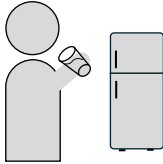


Stir until dissolved
(up to 8min)



Dissolve and refrigerate
for easy drinking

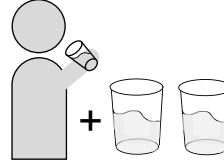
8pm – 9pm



Take out
of fridge



Sip over
30 mins

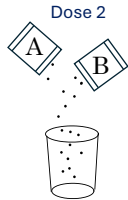


Drink 500ml of
clear fluids

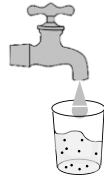


Keep drinking clear fluids in
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BEFORE BED
PLENVU
Dose 2



Pour into glass that
can hold 500ml



Add 500ml
of water



Stir until dissolved
(up to 8min)



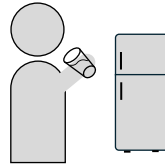
Dissolve and refrigerate
for easy drinking

DAY OF PROCEDURE

4 HOURS
PRIOR TO
ADMISSION



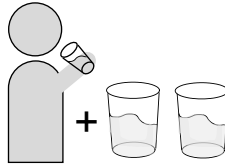
Take any needed
medication now



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

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