



Morning Procedure

PLENVU Preparation Instructions (Please purchase Plenvu from your chemist)

The success of your examination depends on the bowel being as clear as possible. Otherwise the examination may need to be postponed and the preparation repeated. Individual responses to laxatives vary. This preparation may cause multiple bowel movements. It usually induces frequent, loose bowel movements within 2-3 hours of taking the first dose. Please remain within easy reach of toilet facilities.

Stop eating seeds/grains and multigrain bread 1 week before your colonoscopy.

MEDICATIONS

* If you are taking blood thinning medication or Iron supplements, please contact our rooms.

* If you are a diabetic, please consult your GP to see if your medication should be altered while fasting. You **must bring your diabetic medication** with you on the day of your appointment, to take after the procedure.

ONE DAY BEFORE EXAMINATION

Follow the WHITE DIET all day until 7pm. You may also have any liquids on the approved list below.

WHITE DIET

Breakfast: White bread toast with margarine

Lunch: Chicken or cheese sandwich on white bread ONLY

Dinner: Chicken or cheese sandwich on white bread ONLY

- o May substitute noodles, rice or pasta instead of white bread
- o May substitute fish instead of chicken
- o Gluten free white bread is acceptable
- o Rice crackers may be used for snacks

APPROVED CLEAR LIQUIDS

Water, clear fruit juice (apple, pear or white grape), plain jellies, tea or coffee, Bonox, Lucozade, carbonated beverages, sports drinks, barley sugar, clear broth or clear bullion, clear fruit cordials (lemon or lime). **No red or purple colours.**

FIRST DOSE OF PREPARATION

7:00pm – Prepare Dose 1 according to leaflet in the PLENVU packet. Chill if desired. Drink the mixture of PLENVU over 30 minutes. Follow with 1000ml (1 Litre) of clear fluids. Continue to drink clear fluids in order to retain hydration throughout your body.

SECOND DOSE OF PREPARATION

midnight – Prepare Dose 2 according to leaflet in the PLENVU packet. Chill if desired. Drink the mixture of PLENVU over 30 minutes. Follow with 1000ml (1 Litre) of clear fluids. Continue to drink clear fluids in order to retain hydration throughout your body.

DAY OF EXAMINATION

IMPORTANT: STOP ALL FLUIDS 4 HOURS PRIOR TO YOUR APPOINTMENT TIME

* You are to wear loose fitting comfortable clothing on the day

* Do not bring valuables to the hospital.

* Do not wear jewellery, nail polish or make up on the day.

* You are to bring a list of your current medications.

* Please arrange for someone to drive you home, you **MUST NOT** drive for the remainder of the day.