

Colonoscopy Bowel Preparation Instructions

Bowel preparation involves several things that can't be left until the last minute. Don't wait until the day before the procedure to read these instructions. The success of your examination depends on the bowel being as clear as possible. Otherwise, the examination may need to be rescheduled and the preparation repeated.

You will need to purchase one box of PLENVU from your Pharmacy. (Please note this does not need a prescription).

Please follow these instructions. Individual responses to laxatives vary. This preparation may cause diarrhoea. It usually induces frequent, loose bowel movements within 2-3 hours of taking the first dose. Please remain within easy reach of toilet facilities.

MEDICATIONS

- If you are taking iron supplements, you need to cease these 7 days before your procedure.
- If you are taking blood thinning medication, please consult your doctor for instructions on when to cease. You do not need to cease aspirin.
- If you are diabetic, taking Forxiga, Jardiance, Xigduo or Jardiamet, you need to cease these 3 days prior to your procedure. Please consult your GP for your instructions on managing your diabetes.
- On the day of the procedure, you must take normal medications with a sip of water. Patients with diabetes should not take their diabetic tablet or insulin. **Please bring your insulin only with you.**

THREE DAYS BEFORE YOUR COLONOSCOPY

Follow the WHITE DIET until you commence the bowel preparation. The aim of this diet is to avoid tough and stringy vegetables, fruit with skin, pips or seeds and high fibre foods such as wholemeal and wholegrain.

WHITE DIET Food/Fluids ALLOWED:

- CLEAR FLUIDS are allowed in the white diet. Water, soda water, mineral water, cordial (lemon only), sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), coffee/tea, clear soup (e.g. clear chicken broth), jelly (not red/purple)
- Milk, white coloured yoghurt (no added fruit), mayonnaise, butter and margarine, oil for cooking
- White bread/toast (not high fibre bread), rice bubbles cereal, eggs. Gluten free white bread is acceptable.
- White rice, white pasta, boiled or mashed potatoes (peeled), rice noodles.
- Rice crackers (plain), plain biscuits (eg Marie/Milk Arrowroot/Savoy)
- Chicken breast (no skin), white fish fillet (no skin)
- Cheese: cream cheese/cheddar/ricotta/feta/cottage/mozzarella/parmesan cheese
- Vanilla ice cream, lemonade icy-pole, custard

Please avoid brown rice, high fibre cereals, nuts and seeds, wholemeal bread, vegetables (other than white potatoes), fruit, meat (other than skinless chicken), pulses and lentils.

White Diet Meal Ideas:

- **Breakfast:** White bread toast with margarine. Scrambled eggs on white toast.
- **Lunch:** White bread sandwich with sliced chicken breast (no skin) and mayonnaise. Clear chicken soup/broth.
- **Dinner:** White fish fillet (no skin) or Chicken breast (no skin) with white rice or mashed potato. Regular white pasta with diced chicken breast (no skin) and cheese.

- **Snacks:** Rice crackers with cheese. Plain vanilla yoghurt. Plain biscuit.

THE DAY BEFORE YOUR COLONOSCOPY

Please follow the instructions below from LEFT to RIGHT starting the day before your procedure, in your appropriate session (eg Morning Procedure or Afternoon Procedure).

| | Light Breakfast from White Diet Day Before Procedure | Light Lunch from White Diet Day Before Procedure | Stop Solid Food Day before procedure | CONTINUE ON APPROVED CLEAR LIQUIDS | Dinner | 1 st Dose of Plenvu | 2 nd Dose of Plenvu | Stop Drinking All Fluids |
|--|--|--|--------------------------------------|------------------------------------|--------|-------------------------------------|-------------------------------------|--------------------------|
| Morning Procedure follow this row | <u>8:00 am</u> | <u>12:00 pm</u> | <u>1:00 pm</u> | | None | <u>5:00 pm</u> day before procedure | <u>8:00 pm</u> day before procedure | 4 hrs before procedure |
| Afternoon Procedure follow this row | <u>8:00 am</u> | <u>12:00 pm</u> | <u>1:00 pm</u> | | None | <u>5:00 am</u> day of procedure | <u>8:00 am</u> day of procedure | 4 hrs before procedure |

| APPROVED CLEAR LIQUIDS | | | | |
|---|---|--|----------------------------------|--|
| Water | Black Tea | Black Coffee | Clear Broth | Bonox |
| Soft drinks (Not red or purple) | Fruit Cordial (Not red or Purple) | Plain Jelly (Not red or purple or No fruit pieces) | Clear Apple or Pear Juice | Boiled Lollies (Not red or purple) |

How to prepare Plenvu Dose 1:

1. Remove Dose 1 sachet from the box.
2. Pour the contents of Dose 1 into a measuring container that can hold 500 ml of fluid.
3. Add water to make up 500 ml and stir until all the powder has dissolved. This may take up to 8 minutes.

How to prepare Plenvu Dose 2:

1. Pour the contents of Dose 2 Sachet A and Dose 2 Sachet B into a measuring container that can hold 1 litre of fluid.
2. Add water to make up 1 litre and stir until all the powder has dissolved. This may take up to 8 minutes.

How to drink Plenvu:

- Chill the Plenvu mixture and sip *slowly*. Some find it easier sipping through a straw.
- Remember to stay hydrated with 500ml of clear fluid after each dose of medication.
- The 2nd dose can sometimes induce nausea. Take your time. Pinching your nose as you drink the liquid can help reduce the taste.
- Alternating between the Plenvu solution and clear liquids is acceptable.