



Plenvu Colonoscopy Preparation Instructions

For a successful colonoscopy, it is very important that your bowel is thoroughly cleansed so that the lining of the bowel can be clearly seen. The preparation aims to clear your bowel so that by the morning of the procedure you are producing a clear or yellow return. A poor bowel preparation may result in the procedure being rescheduled or repeated. The preparation will initiate episodes of diarrhoea within 30 mins of commencement but can take as long as 6 hours to commence.

7 DAYS prior to your colonoscopy

Date:

- If you are on a prescribed blood thinner, please follow the advice provided by your Gastroenterologist or Cardiologist regarding ceasing this before your procedure.
- If you have a history of constipation or have previously had an inadequate bowel prep, please commence laxatives such as Movicol (1-2 Sachets daily), or Osmolax (1-2 scoops daily) or Senna (2 tablets daily)
- You may continue using Panadol and anti-inflammatory drugs
- Cease Fish Oil 7 days beforehand

3 DAYS prior to your colonoscopy

Date:

- Commence Low Fibre Diet (as per separate sheet)
- Stop all iron, fibre supplements and anti-diarrhoeal medications
- If you are on a Flozin medication for diabetes (eg. Jardiance, Jardiamet, Forxigo, Xigduo, Qtern or Glyxambi) please stop this 3 days before your procedure.

1 DAY prior to your colonoscopy

Date:

At 7am – Have a light breakfast as per the Low Fibre Diet. No further food to be consumed after this.

After breakfast – **Commence clear fluids only** as per Clear Fluid sheet. Do not drink any fluids containing milk or solid matter, red/purple food colourings or drink alcohol.

Make up **Dose 1 of Plenvu & Dose 2 of Plenvu** in two separate containers, using room temperature water according to the instructions on the back of the White Plenvu Box. These may take 8 minutes to dissolve and please refrigerate afterwards.

At 6pm – Take all of **Dose 1** of Plenvu you prepared earlier while alternating with sips of **500mls** of clear fluids, water or black tea over 1-2 hrs.

See helpful tips for drinking Bowel Prep overleaf.

DAY OF PROCEDURE – Take dose 2 of Plenvu according to your procedure time

Procedure Time is 7.30am-10.30am

DAY OF PROCEDURE

2am - Drink the full 500mls of Plenvu **Dose 2** while alternating with sips of 500mls of clear fluids, water or black tea over 60 minutes.

5am - You must now have nothing by Mouth after 5am.

Do not eat, drink, smoke or chew gum.

Procedure Time is 10.30am-1.30pm

DAY OF PROCEDURE

5am - Drink the full 500mls of Plenvu **Dose 2** while alternating with sips of 500mls of clear fluids, water or black tea over 60 minutes.

8am - You must now have nothing by Mouth after 8am.

Do not eat, drink, smoke or chew gum.

Procedure Time is 1.30pm-4.30pm

DAY OF PROCEDURE

8am - Drink the full 500mls of Plenvu **Dose 2** while alternating with sips of 500mls of clear fluids, water or black tea over 60 minutes.

11am - You must now have nothing by Mouth after 11am.

Do not eat, drink, smoke or chew gum.

Helpful Tips for Drinking Bowel Prep

- Bowel prep is more palatable if chilled and consumed using a straw.
- Drink Dose 2 of Plenvu slowly to avoid nausea.
- If you experience nausea, pause drinking for 30 minutes and then recommence.
- If you have Ondansetron dispersible tablets, you may take one under your tongue if the nausea persists.
- You may alternate sips of Plenvu with sips of clear fluids if desired.
- You may consume butterscotch or barley sugars whilst drinking the prep.
- If you experience tenderness around the bottom, you can apply lanolin.
- Take your usual medications with a sip of water (excluding blood thinners & diabetic medications) 1.5 hours after finishing the bowel prep.

Information on Diabetes Management:

- **Prior to your procedure, please follow the advice provided by your usual treating Doctor to manage your diabetes medication. This includes stopping your Flozin medication 3 days prior.**
- It is advisable to check your blood-glucose levels regularly.
- While consuming clear fluids, you may drink lemonade or apple juice in order to maintain your blood-glucose levels.
- If you are on insulin, do not take it **on the morning** of your procedure, but please bring it with you to take **afterwards** with food.

Key points to remember before your arrival:

- **If you are unable to complete the bowel preparation, your bowel return is brown in colour or if it contains any solid matter** please contact nursing staff at the Montserrat Hospital where your procedure is scheduled between 7am-7.30am. Visit www.montserrat.com.au/contact/ for a list of Montserrat locations and contact details.
- **Arrive 60 mins prior** to your appointment time – this will be confirmed over the phone by our team 1-2 days prior
- **Wear comfortable clothing**
- **Arrange your personal transport home:** You must be accompanied by a responsible adult and if not arranged prior to your admission, we may cancel your procedure.

We encourage you to read the 'Patient Information Booklet' which outlines your rights and responsibilities as a patient for further information and advice.