

MORNING PROCEDURE - AFTER 10AM



PLENVU® Instructions*

It is important that you follow the instructions carefully, as your bowel needs to be very clean for your doctor to be able to see the bowel wall. If you are prone to constipation or get constipated when changing your diet, you may be asked to take a laxative such as MOVICOL® which is available over the counter at your pharmacy.

Questions or concerns please phone Adelaide Colorectal and General Surgery on 08 8362 0887 to speak with one of our nurses

3 DAYS BEFORE COLONOSCOPY – DO NOT EAT ANYTHING WITH SKIN, SEEDS, NUTS OR GRAINS

YOU CAN EAT THINGS LIKE: White bread (no whole seeds), pita/turkish bread, english muffins, cornflakes, rice bubbles, lean meat eg. beef, pork, lamb, veal or chicken, fish, peeled fruit, peeled vegetables (no beetroot), roasted peeled potato, mash potato, hot chips, crackers (no seeds e.g. Sao or Jatz), eggs, butter/margarine, Vegemite, Promite, Marmite, cheese, custard, ice-cream, chocolate (avoid bars containing nuts).

DO NOT EAT ANYTHING WHICH HAS SKINS, SEEDS, NUTS OR GRAINS: eg. Corn, peas, strawberries, jams, wholegrain bread, cereals, onion, muesli, muesli bars, any nuts or food containing nuts, skin on apple, pear, peach or nectarine (peeled fruit is okay), marmalades with skins, citrus fruit, grapes, tomato skin or seeds, sundried tomato, skin on capsicum, eggplant or potato (peeled vegetables are okay), legumes eg. baked beans or kidney beans, mustard, sultanas and raisins, brown rice, casseroles containing vegetables, lentils, barley, split peas, coconut, sesame, sunflower or poppy seeds, fruit yoghurt, fibre supplement.

***IMPORTANT TIPS**

- *It is important to maintain hydration, before during and after taking PLENVU® with a mixture of CLEAR FLUIDS*
- *DO NOT take oral medications within one hour before or after starting PLENVU®*
- *You may find it easier to chill and drink PLENVU® with a straw*

DAY/DATE

RECOMMENDED CLEAR FLUIDS

Water, black tea or coffee (NO milk or non-dairy creamer)

Soft drinks, sports drinks e.g. Gatorade, Powerade, cordial, strained fruit juice without pulp, clear apple juice, yellow or orange jelly, clear ice.

**** NO blackcurrant, red, purple, green or blue drinks or jelly ****

INSTRUCTIONS FOR TAKING PLENVU

The **day before your procedure** you may have a light breakfast followed by a light lunch and must finish eating this meal at least 3 hours before you start taking PLENVU (NO SKINS, SEEDS, NUTS OR GRAINS OR HIGH IN FIBRE), Then start clear fluids only

DOSE 1: Prepare Dose 1 (1 sachet) according to the leaflet in the PLENVU® box. Chill if desired.

At 6:00 PM (day BEFORE your procedure) drink your first dose of PLENVU® **SLOWLY** over 30 minutes (you may alternate with clear fluids).

Follow with 500 mL of clear fluids. Continue to drink clear fluids only.

DOSE 2: Prepare Dose 2 (2 sachets) according to the leaflet in the PLENVU® box. Chill if desired.

At 6:00 AM (day OF your procedure) drink your second dose of PLENVU® **SLOWLY** over 30 minutes (you may alternate with clear fluids).

Follow with 500 mL of clear fluids only.

NIL BY MOUTH time: 8:00 AM



Excellent Preparation



Poor Preparation

NOTE:

This product is designed to give you watery diarrhoea so stay close to a toilet.

A protective cream or ointment (Lanolin, Vaseline) may be applied to your anal area before diarrhoea commences. If you are unsure of any aspect of the preparation or are experiencing side effects please contact your physician.