

Plenvu Colonoscopy Preparation

Patient Name:

Your Procedure Date/Time is:

Admission Time:

It is important you the bowel is cleansed well prior to your procedure. On completion of your preparation your bowel returns should be transparent and yellow/orange in colour.

Splitting the bowel preparation is essential to ensure a good result. Please drink your prep at the right rate and at the right times as detailed below. Do not drink quickly or all at once.

After consuming the prep you will experience frequent episodes of diarrhoea. This may commence between 1-4 hours approximately after drinking the specified quantities.

You can experience tenderness around your bottom so having flushable wet wipes or bepanthan can help.

Pre-Procedure Instructions

Please follow any instructions given by your Gastroenterologist or other Specialist regarding blood thinning medication and certain diabetic drugs. You may be asked to cease them a few days prior to your surgery.

3 days prior to your Procedure

Please commence a low fibre diet as per the "Diet Sheet". Drink adequate fluids.

Any patients using Metamucil/Benefibre/Psylleum Husks etc are required to stop during pre-procedure. If you suffer with constipation, please ensure you take 1-2 Movicol Sachets daily to keep your bowels moving during this time.

1 Day Prior to your Procedure

Please follow the following instructions carefully!

By 9.00am	Have a light breakfast per the low fibre diet sheet. After breakfast no more solid food until after the procedure
After Breakfast	<i>COMMENCE CLEAR FLUID DIET UNTIL 4 HOURS PRIOR TO PROCEDURE TIME.</i>
Mix GoKit	<i>Do not consume anything that contains milk or solid matter.</i>
Drink GoKit at 4pm	Mix sachet of Magnesium Citrate into 250ml of hot water and place in fridge. Drink the glass of Magnesium Citrate (in fridge) with 3 Bisacodyl Tablets
At 6.30pm Mix/Drink Dose 1 Of Plenvu	Mix 500ml of <u>Room Temperature</u> Water (not chilled/fridge) with Dose 1 of the Plenvu. This mix generally takes 5-8 minutes to dissolve correctly. Commence sipping on the Dose 1 Mix and drink entire 500ml in a ½ hour period. After Dose 1 is consumed please drink an additional 500ml of water over ½ period

the Day of your Procedure

<p>At 10-11am</p> <p>(approx. 5 ½ hrs prior to your procedure time)</p>	<p>Mix <u>Dose 2 of the Plenvu</u> (sachet A and B) into the 500ml container containing cool tap water. Mix for between 5-8 minutes until dissolved. Drink the full contents over a 30 minute period. Then drink an additional 500ml of water over the next 30 minutes.</p> <p><i>Please drink an extra glass or two of water after the prep.</i></p>
<p>From 11am</p>	<p>You must now be NIL BY MOUTH</p> <p>Absolutely no water, food, drink, cigarettes, chewing gum, lollies etc.</p>

If you take any regular medications these must be consumed 1 ½ hours before or after you have consumed the preparation. If you take medication in the morning after your prep it must only be with a very small sip of water (mouthful).

If you have any questions at all please do not hesitate to contact the Nurse on the number provided in the email.

Your chosen hospital should contact you regarding your admission and any paperwork required for your procedure.