










## PREPARING FOR YOUR COLONOSCOPY

PROCEDURE DATE: \_\_\_\_\_

Please follow these instructions below

**DO NOT USE INSTRUCTIONS ON OR IN THE PLENVU BOX**

- If you are allergic to MANGO, this preparation is not suitable for you. Please call 8340 6400 to discuss an alternative.
- Having difficulty taking Plenvu? Call Keilor Private on 8340 6400. After hours, call 9387 1000 and leave a message for your doctor.

<b>THE DAY BEFORE YOUR PROCEDURE</b>	<b>5 DAYS BEFORE PROCEDURE</b>	<p><b>Stop taking iron tablets</b></p> <p>Avoid nuts, pips, seeds, grains, including whole grain bread</p>
	<b>1 DAY BEFORE PROCEDURE</b>	<p>Breakfast, Lunch, &amp; Dinner Menu plan on back page</p>  <p><b>LIQUID DIET ONLY IF TAKING INJECTIONS FOR DIABETES OR WEIGHTLOSS</b> eg OZEMPIC, MOUNJARO, WYGOVY etc</p> <p><b>DRINK FLUIDS TO STAY HYDRATED (EXCEPT ALCOHOL)</b></p> <p><b>EAT ONLY "WHITE FOODS" SUCH AS:</b></p> <ul style="list-style-type: none"> <li>- Milk, white yoghurt, mayonnaise, cream, sour cream</li> <li>- Butter, margarine, cooking oils, white flour, white sugar</li> <li>- White bread/toast (not high-fibre), rice bubbles, eggs</li> <li>- White rice, white pasta, potatoes (peeled &amp; mashed only)</li> <li>- Rice noodles or rice crackers (plain)</li> <li>- Chicken breast or white fish fillet (no skin)</li> <li>- Cheddar, ricotta, cottage, mozzarella, cream cheese</li> <li>- White chocolate / confectionery, vanilla ice cream, custard</li> <li>- Lemonade ice-block ('icy-pole')</li> </ul> <p><b>FOODS NOT ALLOWED: Anything not listed above</b></p> <p>Do not eat pears, parsnip, cauliflower, onion, high-fibre white bread, whole grain bread, tofu, coconut, porridge, banana, mushrooms, semolina, couscous, and/or popcorn</p>
	<b>Start fasting at 6pm</b>	  <p><b>DO NOT EAT AFTER 6PM</b></p> <p>No milk   No solid food   No chewing gum</p> <p>Prepare first dose of Plenvu by adding DOSE 1 into a jug, adding water to make up to 500ml, then refrigerate</p> <p><b>CONTINUE DRINKING PLENTY OF CLEAR FLUIDS</b></p> <ul style="list-style-type: none"> <li>- Water, Soda Water, Mineral Water</li> <li>- Sports drinks, Clear Cordials (not red/purple/blue)</li> <li>- Lemonade, Apple Juice (no pulp)</li> <li>- Black Coffee, Black Tea, Herbal Tea</li> <li>- Clear Soup (e.g. clear chicken broth)</li> </ul> 
	<b>Drink first dose at 7pm</b>	 <p><b>At 7pm, remove DOSE 1 from fridge and start drinking it over one hour</b></p> <p>Take your time, dilute with more water, or use a straw if preferred</p> <p>Follow with 500mls of clear fluids (2 glasses)</p> <p>Remember: No milk   No solid food   Continue with clear fluids</p>
<b>PROCEDURE DAY</b>	<b>DAY OF PROCEDURE</b>	<p>My arrival time is: _____</p> <p>4 hours before is: _____</p>  <p><b>4 hours before arrival, prepare Plenvu DOSE 2 (A&amp;B) by adding sachets into a jug, and adding water to make up 500ml</b></p> <p>Dilute with more water, or use a straw if preferred</p> <p>Follow with 500mls of clear fluids (2 glasses)</p> <p>Continue with clear fluids until 2 hours before arrival</p> <p>Unless told otherwise, take morning medications after Plenvu</p>
	<b>2 hours prior to arrival</b>	  <p><b>NO WATER   NO CLEAR FLUIDS</b></p> <p>No milk   No solid food   No chewing gum</p> <p>Failure to follow fasting will result in procedure delay</p>
	<b>Arrival</b>	 <p><b>Allow at least 3 hours for admission, procedure &amp; recovery</b></p> <p><b>Plan no activities for the day.</b> Do not drive home. No smoking.</p> <p>Bring your phone/tablet, something to read, rest and relax.</p>

## IMPORTANT INFORMATION

- **You must read & sign the consent form before taking Plenvu.**
- We will confirm your arrival time 1 to 2 days before your procedure.
- Allow at least three hours for admission, procedure and recovery; and do not plan any other activities for the day.
- Organise someone to pick you up after your procedure. You cannot drive on the day of your procedure.
- You will need a responsible adult to and stay with you for the rest of the day and overnight.
- You cannot return to work the day or evening of your procedure.
- You must not fly overseas for 1 week after your procedure.
- **Unless instructed otherwise, continue with all your medications up to and including the day of your procedure.**
- **If you are a **DIABETIC OR TAKING INJECTIONS FOR DIABETES OR WEIGHT LOSS (eg OZEMPIC, MOUNJARO, WYGOVY etc)**, please call 8340 6400 for additional instructions.**
- **If you are taking ORAL CONTRACEPTIVES, continue taking these and use added protection (condoms) for 14 days following the colonoscopy or until your next period.**

## WHITE DIET SAMPLE MENU PLAN

### Remember to drink fluids to remain hydrated

<b>Breakfast:</b>	Glass of Milk, Tea or Coffee with or without milk Rice bubbles with milk +/- white sugar Or scrambled eggs and white toast
<b>Morning Tea:</b>	Glass of Mineral water or soda water Plain rice crackers with cheese
<b>Lunch:</b>	Glass of lemonade, Tea or Coffee with or without milk White bread sandwich with sliced chicken breast, cream cheese or mayonnaise
<b>Afternoon Tea:</b>	Plain vanilla yoghurt Vanilla milkshake
<b>Dinner:</b> Must be finished by 6pm	White fish fillet with white rice or mashed potato Or regular pasta with diced chicken breast and Parmesan cheese Or chicken soup (clear chicken broth/stock) with rice noodles Or chicken breast and white bread Vanilla ice cream, or White chocolate or lemon sorbet Tea or Coffee with or without milk

## CONSTIPATED? SELDOM OPEN YOUR BOWELS? YOU NEED AN EXTENDED BOWEL PREPARATION

**Most patients do well with Plenvu as it provides a superior bowel cleanse, however if you experience frequent constipation (2 to 3 times a week), please follow these instructions.**

One of the keys to a successful colonoscopy is getting your colon as clean as possible. To achieve this, your diet must change in the lead up to your exam. This includes taking a laxative to soften stools and help with bowel preparation before your procedure.

### PREPARE FIVE DAYS BEFORE YOUR PROCEDURE

- Take 2x Movicol Sachets every night, for 5 days before your procedure. Movicol is a stool softener and usually takes 1 to 2 days to trigger the first bowel movement. These are available at your local pharmacy.
- If you suffer from extreme constipation, extend your white diet to 3 days before your procedure.
- Drink plenty of fluids and be active.