

PLENVU Instructions

Morning Colonoscopy - Split-Dose Regimen

Please read these instructions together with the Colonoscopy Information Sheet available on this page. Following these instructions carefully is essential for a successful bowel preparation. An inadequate bowel preparation may result in your procedure being delayed, repeated, or important abnormalities being missed.

Seven days before the procedure – stop taking any iron supplements or anti-diarrhoeal medication (Gastro stop or Imodium) until after the procedure.

Two days before the procedure – Start your low-fiber **white diet** to reduce the residue in the bowel. Today, any solid food you eat, **MUST** come from the category of allowed food on the chart below. In addition, please have plenty of liquid to keep you well hydrated.

White diet allowed food	Not allowed food
White bread, SAO crackers, butter, margarine, cheese (cheddar, cream, cottage), white rice or pasta, rice noodles, lean meat, chicken and fish without skin, potato (no skin), plain yoghurt, Milk, Honey, Vegemite, custard.	Brown bread, seeded bread, fruits (raw and dried), vegetables (raw or cooked), legumes, nuts, seeds, grains, cereal, porridge, muesli, quinoa, Weet-Bix, fiber supplements.

One day before the procedure - have a white diet breakfast and lunch and finish eating solids by noon. After 12.00 pm, start on a clear fluid diet chosen from the chart below. Please have plenty of fluid to keep you well hydrated.

Acceptable clear fluids
Water, tea, coffee, skim milk, clear soups and broth, fruit juice without pulp, sports drinks, coconut water, soft drinks, cordial, plain jelly (not red or purple), and barley sugar lollies.

At 6.00 pm - drink the 500 mL Plenvu **dose 1** solution, plus an additional 500 mL of clear fluid, over a period of 60 minutes. Keep drinking ample amount of clear fluids until bedtime. Expect your bowels to begin emptying approximately 1-3 hours after taking Dose

The day of your colonoscopy – Four and a half hours prior to your admission time, drink the 500ml Plenvu **dose 2** solution, plus an additional 500 mL of clear fluid, over a period of 60 minutes. Keep drinking half a glass (125ml) of water every hour until 2 hours before your admission time and be nil by mouth after that.

For some morning procedures you will need to get up during night to take the second dose of bowel prep solution. Please note that the correct timing of this dose is essential for optimal result.

How to prepare Plenvu Dose 1

- Open the carton and remove the Dose 1 sachet.
- Pour the contents of Dose 1 into a measuring container that can hold 500 mL of fluid.
- Add water (not chilled) to make up to 500 mL and stir until all the powder has dissolved. This may take up to approximately 8 minutes.



How to drink Plenvu Dose 1

Drink the 500 mL Dose 1 solution, plus an additional 500 mL of clear fluid, over a period of 60 minutes. Alternating between the reconstituted solution and the clear fluid is acceptable. Try to drink a glassful every 10 to 15 minutes.

How to prepare Plenvu Dose 2

- When you are ready to take Dose 2, pour the contents of Dose 2 Sachet A and Dose 2 Sachet B into a measuring container that can hold 500 mL of fluid.
- Add water (not chilled) to make up to 500 mL and stir until all the powder has dissolved. This may take up to approximately 8 minutes.



How to drink Plenvu Dose 2

When directed based on the recommended dosing schedule, make up and drink the 500 mL Dose 2 plus an additional 500 mL of clear fluid over a period of 60 minutes. Alternating between the reconstituted solution and the clear fluid is acceptable.



Some useful tips

Chill the prep by adding ice or putting the solution in the fridge to make it more palatable.
Use a straw as far back on the tongue to drink the prep solution to minimize contact with taste buds.

Some minor side effects are common during the preparation, including nausea, bloating, and abdominal distention. These minor types of side effects call for holding off on the preparation for a bit, then trying to restart after the symptoms pass. If you can't restart, please contact our office for recommendations.

More serious side effects include dizziness, fever, severe headache, prolonged vomiting, or severe abdominal cramps. They could indicate dehydration or an allergic reaction and should result in an immediate presentation to the local hospital. Persistent or severe side effects shouldn't be ignored.

If you can't finish the bowel preparation for any reason, please contact the office to let us know as soon as possible. It's better to cancel and reschedule the appointment than to have an incomplete colonoscopy because your bowel wasn't sufficiently clean.