





PREPARING FOR YOUR COLONOSCOPY

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.
- Are you frequently constipated (2 or 3 times a week)? See “extended bowel preparation” on back page.
- Having difficulty taking Plenvu? Call Keilor Private on 8340 6400. After hours, call 9387 1000 and leave a message for your doctor.

THE DAY BEFORE YOUR PROCEDURE	5 DAYS BEFORE PROCEDURE	Stop taking iron tablets Avoid pips, seeds, grains, including whole grain bread
	1 DAY BEFORE PROCEDURE Breakfast, Lunch, & Dinner Menu plan on back page	EAT ONLY “WHITE FOODS” SUCH AS: - Milk, white yoghurt, mayonnaise, cream, sour cream - Butter, margarine, cooking oils, white flour, white sugar - White bread/toast (not high-fibre), rice bubbles, eggs - White rice, white pasta, potatoes (peeled & mashed only) - Rice noodles or rice crackers (plain) - Chicken breast or white fish fillet (no skin) - Cheddar, ricotta, cottage, mozzarella, cream cheese - White chocolate / confectionery, vanilla ice cream, custard - Lemonade ice-block (‘icy-pole’)
		DRINK PLENTY OF CLEAR FLUIDS - Water, Soda Water, Mineral Water - Sports drinks, Clear Cordials (not red/purple/blue) - Lemonade, Apple Juice (no pulp) - Black Coffee or Black Tea - Clear Soup (e.g. clear chicken broth)
		FOODS NOT ALLOWED - Anything not listed above Do not eat pears, parsnip, cauliflower, onion, high-fibre white bread, whole grain bread, tofu, coconut, porridge, banana, mushrooms, semolina, couscous, and/or popcorn
		Start fasting at 6pm
THE DAY BEFORE YOUR PROCEDURE	Do not eat after 6pm No milk No solid food No chewing gum Prepare first dose of Plenvu and refrigerate	
	Drink first dose at 7pm Stir then drink PLENVU DOSE 1, at 7pm over one hour You can dilute PLENVU with more water if preferred Drink it slowly, and consider using a straw Follow with 2 glasses of clear fluids (500 mls)	
	Prepare dose two at 8pm Keep drinking clear fluids Prepare second dose of Plenvu and refrigerate No milk No solid food No chewing gum	
PROCEDURE DAY	DAY OF PROCEDURE My arrival time is: _____ 4 hours before is: _____	4 hours before arrival, COMBINE PLENVU DOSE 2 (A & B) Drink over 1 hour & follow with 2 glasses of clear liquids You can continue with clear fluids until 2 hours before arrival Unless told otherwise, take morning medications after Plenvu
	2 hours prior to arrival	No water No clear fluids No milk No solid food No chewing gum Failure to follow fasting will result in procedure delay
	Arrival	Allow at least 3 hours for admission, procedure & recovery Plan no activities for the day. Do not drive home. No smoking. Bring your phone/tablet, something to read, rest and relax.

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 a responsible adult to 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.
- Ensure you have someone to drive you home afterwards.
- **Unless instructed otherwise, continue with all your medications up to and including the day of your procedure.**
- **If you are a DIABETIC, 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 clear fluids to remain hydrated

Breakfast:	Glass of Milk Rice bubbles with milk +/- white sugar Or scrambled eggs and white toast
Morning Tea:	Glass of Mineral water or soda water Plain rice crackers with cheese
Lunch:	Glass of lemonade White bread sandwich with sliced chicken breast, cream cheese or mayonnaise
Afternoon Tea:	Plain vanilla yoghurt Vanilla milkshake
Dinner:	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

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. 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.