

## **PURPOSE OF BOWEL PREPARATION**

In order for the procedure to be successful, it is very important that your bowel is clear. As a patient, you play an important role in the success of the procedure as incomplete cleansing may result in missing significant pathology. The procedure may need to be postponed and the preparation process repeated if your bowel preparation is inadequate.

This information sheet explains the necessary steps that need to be taken prior to your colonoscopy to ensure the success of the procedure. Please read all of this carefully and if you have any questions please contact us.

## **7 DAYS PRIOR TO COLONOSCOPY:**

- Stop taking iron tablets, anti-inflammatory tablets (eg. Nurofen, Voltaren) & anti-diarrheal medications.
- Continue with your other regular medications, but please check with your doctor if you are taking:
  - **Diabetic medications (Insulin etc)**
- or
- **Blood thinning medications (eg. aspirin, clopidogrel, warfarin, clexane, dabigatran, Ticagrelor, rivaroxaban, apixaban)**

NB: oral contraceptives may not be as effective after bowel preparation and extra precautions for the rest of the month is recommended.

## **MEDICATION CHANGES/INSTRUCTIONS:**

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## **4 DAYS PRIOR TO COLONOSCOPY:**

You must follow a low fibre diet.

### **Choose these foods**

- White bread, crumpets, English muffins
- Rice bubbles, cornflakes, white rice and pasta
- Couscous, bagels, polenta, pancakes
- White flour, cornflour, custard powder
- Plain sweet or savoury biscuits and cakes
- Cooked and peeled vegetables including: Potato, pumpkin, zucchini, avocado, mushrooms.
- Tender cuts of meat, ground meat, tofu, eggs, fish and shellfish
- Plain yoghurt, all milks, cottage cheese, ice cream, butter, custard, rice pudding,
- Fruit peeled with no seeds: Apple, peach, pear, rockmelon, watermelon, ripe banana, tinned peaches, apples, apricots and pears
- Lollies, jellies, sugar, chocolate, honey, vegemite, salt, pepper, dried herbs and spices
- Water, tea, coffee, milk, soft drinks, cordial, strained fruit juice, clear soups, Milo, Ovaltine, white wine

### **Avoid these foods**

- Wholemeal or wholegrain breads, Brown rice, Wholemeal pasta, porridge, muesli, quinoa, weet-bix
- Beans, nuts, peas, lentils and legumes.
- All other vegetables including salad vegetables
- Processed meats, hotdogs, sausages, tough meats with gristle
- Dairy with fruit and seeds
- All fruits with skin and dried fruit
- Peanut butter, dried fruits, marmalade with rind, jams with seeds and skins
- Juice with pulp

## **1 DAY PRIOR TO COLONOSCOPY**

### **Prior to 2 pm**

You may have a light low fibre breakfast as well as low fibre lunch.

**Lunch will be your last solid meal until after the procedure the next day**

Nothing solid to eat after lunch, Only Approved clear fluids which include:

- Water
- Clear soups
- Fruit juice (Apple NOT Orange)
- Lemon or lime cordial,
- Black tea/coffee,
- Clear Soft or sports drinks
- Clear jelly and barley sugar.

NB: please avoid anything red or purple

Drink at least 1-2 glasses of approved fluids every hour to maintain hydration during the bowel preparation

### **At 6 pm**

Make up your first 500ml of PLENVU® (Dose 1 sachet) and sip this slowly over 30 minutes.

It is important to drink an additional 500ml of water or clear fluids over 30 minutes as well as the PLENVU® solution.

This will produce frequent bowel motions so please stay at home near a toilet.

#### DAY OF PROCEDURE

Date: \_\_\_\_\_

#### MORNING PROCEDURE

At **8 to 9pm**, make up your second 500ml of PLENVU® (Dose 2; sachets A and B) and sip this slowly over 30 minutes. It is important to drink an additional 500ml of water or clear fluids over 30 minutes as well as the PLENVU solution.

#### AFTERNOON PROCEDURE

At **5am**, make up your second 500ml of PLENVU® (Dose 2; sachets A and B) and sip this slowly over 30 minutes. It is important to drink an additional 500 ml of water or clear fluids over 30 minutes alongside each dose of PLENVU® during the morning.

**NB: REGARDLESS OF TIME OF PROCEDURE  
CONTINUE DRINKING WATER OR APPROVED  
FLUIDS UP UNTIL 3 HOURS PRIOR TO  
SCHEDULED PROCEDURE TIME**

- Nothing to eat or drink (This includes gum, cigarettes, food or drinks)
- Morning medications may be taken with a sip of water only.

#### Tips for successful bowel preparation:

- To make Bowel prep more palatable you can add Lots of ice to the **PLENVU®**
- Drink the solution through a straw, suck the occasional barley sugar or butterscotch between drinks.
- Walking around while drinking may assist in minimising abdominal pain. if it continues, then suck some peppermints / drink peppermint tea.
- If you feel nauseated whilst taking the preparation stop for ½ hour. Have a hot drink & walk around. Resume drinking & continue as before.
- If you have haemorrhoids (piles) use your haemorrhoid cream to reduce discomfort
- If your anal areas become sore, a barrier cream may be helpful (eg. Vaseline/Zinc/Sudocrem).
- If you become unwell & have severe pain seek medical advice from your GP or nearest Emergency Medical Centre.

#### Any Question or issues:

Please ring our rooms the following number to seek some help otherwise contact your Gastroenterologist

Phone: 07 3517 6222

Email: [admin@mygutcare.com.au](mailto:admin@mygutcare.com.au)



**Colonoscopy Bowel Preparation**  
**(Plenvu) Instructions**

[www.mygutcare.com.au](http://www.mygutcare.com.au)