

BOWEL PREPARATION INSTRUCTIONS (Plenvu)



Please purchase 1 box of PLENVU from your pharmacy

Colonoscopy is a procedure used to examine or inspect the large intestine and allows for a variety of operations to be carried out through the colonoscope. The operations may include taking small tissue samples (biopsy) and removal of polyps. The success of your examination depends on the bowel being as clear as possible. Otherwise, the examination may need to be rescheduled and the preparation repeated.

Individual responses to laxatives vary. This preparation may cause diarrhoea. It usually induces frequent, loose bowel movements within 2-3 hours of taking the first dose. Please remain within easy reach of toilet facilities.

MEDICATIONS

- * If you are taking blood thinning medication or Iron supplements, please contact our rooms
- * If you are a diabetic, please discuss with the doctor to see if your medication should be adjusted prior. You **must bring your diabetic medication** with you on the day of your appointment, to take after the procedure.

DAY BEFORE PROCEDURE

Follow the WHITE DIET until you commence the bowel preparation. It's important to STOP ALL FOOD after lunch and commence CLEAR LIQUIDS ONLY.

WHITE DIET

- Breakfast:** White bread toast with margarine
Lunch: Chicken or cheese sandwich on white bread
ONLY
May substitute noodles, rice or pasta instead of white bread
- May substitute fish instead of chicken
 - Gluten free white bread is acceptable
 - Rice crackers may be used for snacks

No further food until after your procedure

Drinking the Plenvu

Prepare the doses according to leaflet in the PLENVU box. Here are some Tips to aid tolerance:

- Chill the liquid and sip slowly. Some find it easier sipping through a straw.
- Drink the mixture of PLENVU over 30 minutes. Follow slowly with 500ml of clear fluids.
- The 2nd dose can sometime induce nausea, take your time.
- Continue to sip clear fluids in order to remain hydrated.

APPROVED CLEAR LIQUIDS

- Water
- Clear fruit juice (apple, pear or white grape)
- Plain jelly
- BLACK tea or coffee
- Lucozade, carbonated beverages or sports drinks
- Barley sugar, clear broth or clear bullion
- Clear fruit cordials (lemon or lime)

No Dairy

No Red or Purple colours

	Morning Procedure	Afternoon Procedure
	The Day before procedure	The Day of Procedure
1 st DOSE	5PM	6AM
2 nd DOSE	8PM	9AM

DAY OF EXAMINATION

**IMPORTANT: STOP ALL FLUIDS 2 HOURS PRIOR TO YOUR APPOINTMENT TIME
(no food or drink until after your procedure)**

*You are to wear loose fitting comfortable clothing on the day *Do not bring valuables to the hospital.
*Do not wear jewellery, nail polish or make up on the day. *You are to bring a list of your current medications. *Please arrange for someone to drive you home, you **MUST NOT** drive for the remainder of the day. *You should advise the nursing staff if you are sensitive (allergic) to any drug or substance.
*You should cease iron tablets and drugs to stop diarrhoea at least 5 days before the procedure. *You should inform your doctor if you are taking blood thinning medication, have heart valve disease or have a pacemaker implanted.

Please talk to your doctor regarding any potential changes to your regular medication.

ADDITIONAL INFORMATION

WHAT DO WE DO?

The colonoscope is a long and highly flexible tube about the thickness of your index finger. It is inserted through the rectum into the large intestine to allow inspection of the whole large bowel.

As cancer of the large bowel arises from pre-existing polyps (a benign wart-like growth), it is advisable that if any polyps are found they should be removed at the time of examination. Most polyps can be removed (Polypectomy) by placing a wire snare around the base and cutting through the polyp, with an electrical current used if necessary.

SAFETY AND RISKS

For inspection of the bowel alone, complications of the colonoscopy are uncommon. Most surveys report complications in 1 in 1,000 examinations or less.

Complications, which can occur, include an intolerance of bowel preparation solution or reaction to anaesthetics used. Perforation (making a hole in the bowel) or major bleeding from the bowel is rare, but if it occurs, may require a blood transfusion or even surgery.

Complications of sedation are uncommon and are usually avoided by administering oxygen during the procedure and monitoring oxygen levels in the blood. Rarely, however, in patients with severe cardiac or chest disease, serious sedation reaction can occur.

A number of rare side effects can occur with any endoscopic procedure. Death is a remote possibility with an interventional procedure. If you wish to have full details of rare complications, you should indicate to your doctor before the procedure that you wish for all possible complications to be fully discussed.

Because of the risk of cancer, it is recommended that all polyps found at the time of colonoscopy be removed. However, it will not be possible to discuss the removal with you at the time of examination, as you will be sedated. Therefore, it is necessary that you agree to having removed any polyps found during the procedure.

In the unlikely event of haemorrhage occurring, blood transfusion may be necessary.

If you have any queries or reservations about these risks, please inform your doctor.