



PLENVU™

BOWEL PREPARATION FOR COLONOSCOPY

What is Colonoscopy Bowel preparation?

In order to complete the examination of your bowel it is essential you undergo a bowel preparation to remove all bowel contents. Poor preparation may prevent small abnormalities being detected. The following will give you an understanding of the bowel preparation & how it is performed. Some people require inpatient bowel preparation – if this might apply to you please notify my staff.

<http://www.norgine.com.au/assets/files/products/PLENVU%20CMI%20December%202017.pdf>

Medication review:

You must discontinue all oral iron preparations at least one week prior to Colonoscopy. Please inform the reception/doctor if you are on any medications that thin your blood, e.g. Warfarin, Plavix, Xarelto, Iscover, Eliquis, Pradaxa or Aspirin. Notify reception/doctor if you take diabetes tablets or Insulin.

Oral intake the day prior to Colonoscopy:

On the day before the clinical procedure you can eat a light breakfast followed by a light lunch. However, you must finish eating at least 3 hours before you start taking Plenvu, after which you may only consume clear fluids.

Your oral intake will be restricted to clear fluids from 0700 on the day prior to your colonoscopy. Examples of clear fluids include Apple juice, Water, Clear soups, Bonox, Black tea or Coffee, carbonated and non-carbonated soft drinks, Jelly, Sports drink or Cordial. Please avoid milk. Any solution that remains translucent (see through) when poured into a glass is acceptable. Barley sugar or light coloured sweets may be consumed until 6-hours before your procedure time.

The timing of bowel preparation solution:

MORNING APPOINTMENT ONLY	AFTERNOON APPOINTMENT ONLY
6pm – Sachet 1 of Plenvu mixed with water per packet instructions. Please drink 2 glasses of water per hour until 10pm.	6pm – Sachet 1 of Plenvu mixed with water per packet instructions. Please drink 2 glasses of water per hour until 10pm.
8pm – Sachet 2 of Plenvu per packet instructions	6am – Sachet 2 of Plenvu per packet instructions
<i>Aim for clear to yellow fluid bowel output.</i>	<i>Aim for clear to yellow fluid bowel output.</i>
CLEAR fluids may continue until 2 hrs before your allocated presentation time to hospital.	CLEAR fluids may continue until 2 hrs before your allocated presentation time to hospital.