

Extended Split Bowel Preparation Colonoscopy using PLENVU – MORNING LIST

ONE WEEK BEFORE YOUR COLONOSCOPY: GET READY

1. **Buy one box of Movicol and one box of Plenvu** (Contents: 3 packets – DOSE 1, Sachets A and B) from your local pharmacy (prescriptions not required)
2. **Stop** iron tablets, Imodium/Lomotil/Gastrostop
3. If you take blood thinning agents such as Warfarin, Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban), Brilinta (Ticagrelor), Plavix, Iscover or Piax (Clopidogrel), inform your nurse or doctor. You may continue with Aspirin during the colonoscopy.
4. If you take medicine for Diabetes, inform your nurse or doctor.
5. If you have heart, liver or kidney failure, inform your nurse or doctor. This bowel preparation may not be suitable for you.
6. If you are on regular laxatives, please continue with this medicine.
7. One week before your colonoscopy, commence on **Movicol** 1 sachet twice a day



THREE DAYS BEFORE YOUR COLONOSCOPY: MODIFY YOUR DIET

Avoid foods with high fibre content such as wholegrain and wholemeal breads and cereals, nuts, seeds, legumes, raw and dried fruits, salad and all cooked vegetables and fatty foods

Sample foods with low fibre content are allowed and include white bread, toast, strained soup, cheese, ham, egg, tuna, chicken, lean meat, fish, potato, white rice, pumpkin and ice cream

ONE DAY BEFORE YOUR COLONOSCOPY: CLEANSE YOUR BOWEL with PLENVU ON THIS DAY – DRINK CLEAR FLUIDS ONLY; NO SOLIDS/FOOD CAN BE TAKEN

Drink only approved clear fluids (water, strained soup, clear chicken broth, fruit juice, jelly, black tea and coffee (NO MILK or DAIRY products), sports drinks, carbonated beverages, oral rehydration salts e.g. *Hydrolyte* and *ORS*. Drink *at least* 10 glasses of clear fluids to maintain hydration.

PLEASE TURN OVER NEXT PAGE

5 pm (Approx.): PLENVU DOSE 1:

Dose 1

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Empty dose 1 sachet in to a 500ml jug
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Add water to make up 500ml and stir until fully dissolved
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Sip very slowly over **60 minutes**

The preparation may cause multiple bowel movements within 2 to 3 hours of taking the first dose. Individual responses may vary. Remain within easy reach of toilet facilities.

DAY OF YOUR COLONOSCOPY 4am: PLENVU DOSE 2:

Dose 2

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Empty dose 2 sachets (A & B) in to a 500ml jug
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Add water to make up 500ml and stir until fully dissolved
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Sip very slowly over **60 minutes**

Continue to drink clear fluids and fast from **6am**.

STOP DRINKING FLUIDS AT 6AM

If you have any questions about the bowel preparation instructions, please call Gastroenterology and Liver Department, Liverpool Hospital on 87384085
<https://www.gastroliverpool.com.au/preparation-for-colonoscopy.html>

