

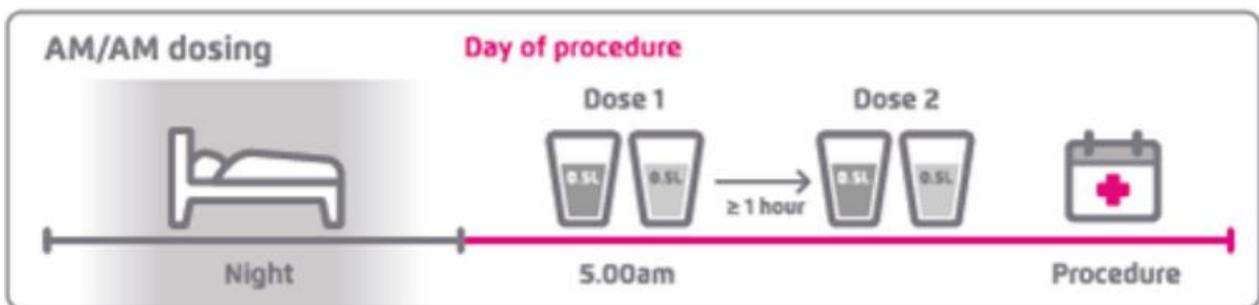
## Afternoon colonoscopy: **Plenvu Bowel Preparation**

- For a successful colonoscopy, it is vital that the colon is clean. This is best achieved by adopting the ‘**White Diet**’, taking the ‘**Plenvu**’ bowel preparation kit, and maintaining adequate hydration
- The bowel preparation will flush out the colon resulting in diarrhoea, which should become clear and watery when the colon is clean
- If the colon is not completely clean, then important abnormalities such as polyps or cancers could be missed, and you may have to repeat the procedure
- The timing of the ‘**Plenvu**’ bowel preparation varies depending on whether your colonoscopy is in the morning or in the afternoon, so please make sure you follow the correct set of instructions
- **TWO DAYS BEFORE COLONOSCOPY, ONLY EAT FOODS ALLOWED IN THE WHITE DIET (PAGE 3)**
- **DRINK THE PLENVU BOWEL PREPARATION KIT USING THE INSTRUCTIONS BELOW**

<b>Purchase the following bowel preparation from your pharmacy at least 7 days before your procedure:</b>	
<ul style="list-style-type: none"> <li>• <b>Plenvu Bowel Prep Kit</b></li> </ul>	
If you take <b>BLOOD THINNING MEDICATIONS</b> (including Warfarin, Rivaroxaban, Dabigatran, Clopidogrel, Prasugrel, Ticagrelor, Apixaban) <b>OR DIABETES MEDICATIONS/INSULIN</b> , please contact Dr Dwyer ( <a href="mailto:drjeremydwyer@gmail.com">drjeremydwyer@gmail.com</a> , Ph 0435 402 789) for further instructions	
<b>7 DAYS BEFORE COLONOSCOPY</b>	<b>Stop</b> taking any <b>IRON TABLETS OR FIBRE SUPPLEMENTS</b>
<b>2 DAYS BEFORE COLONOSCOPY</b>	<b>Stop</b> eating <b>SEEDS, GRAINS or PEELS/SKINS</b> <b>Start</b> the ‘ <b>WHITE DIET</b> ’
<b>DAY BEFORE COLONOSCOPY</b>	<b>CONTINUE THE ‘WHITE DIET’ UNTIL 6 PM</b> <b>AFTER 6 PM TAKE ONLY CLEAR FLUIDS SUCH AS:</b> <ul style="list-style-type: none"> <li>* Water or clear broth</li> <li>* Clear fruit juice (e.g. apple juice) or lemon/orange cordials</li> <li>* Coffee or tea <b>without milk</b></li> <li>* Clear Gatorade or other sports drinks, soft drinks</li> <li>* Plain jelly</li> </ul>
<b>DAY OF COLONOSCOPY</b>	<b>GET UP EARLY AND START BOWEL PREPARATION AT 6 AM</b> <b>DO NOT HAVE BREAKFAST</b> <ul style="list-style-type: none"> <li>• If diabetic do not take your diabetes medications</li> <li>• Open the carton and remove Dose1 (1 sachet)</li> <li>• Pour the contents into a measuring container that holds at least 500ml of fluid</li> <li>• Add water (not chilled) to make up to the 500ml mark</li> <li>• Stir until all the powder has dissolved (may take ~8 mins)</li> <li>• If you have prepared the dose in advance, it can be stored (keeping covered) at or below 25°C. It may also be stored in the refrigerator (2°C to 8°C)</li> <li>• Do not keep it for more than 6 hours</li> <li>• Once the powder has dissolved, PLENVU® Dose 1 can be drunk at the time you have been advised</li> </ul>
<b>Please note: Taking the bowel prep will cause you to have diarrhoea. This is the only way to ensure the bowel is clean</b>	

	<ul style="list-style-type: none"> <li>• <b>6 AM: Drink PLENVU® Dose 1 over 30 minutes. Try to drink a glassful (250 mL) every 10-15 minutes</b></li> <li>• <b>After you have drunk all of Dose 1, drink at least 500 mL of clear fluids over the next 30 minutes</b></li> <li>• Open the carton and remove Dose 2 (2 sachets)</li> <li>• Pour the contents into a measuring container that holds at least 500ml of fluid</li> <li>• Add water (not chilled) to make up to the 500ml mark on your container</li> <li>• Stir until all the powder has dissolved. This may take up to eight minutes</li> <li>• If you have prepared the dose in advance, it can be stored (keeping covered) at or below 25°C. It may also be stored in the refrigerator (2°C to 8°C)</li> <li>• Do not keep it for more than 6 hours</li> <li>• Once the powder has dissolved, PLENVU® Dose 2 can be drunk at the time you have been advised</li> <li>• <b>8 AM: Drink PLENVU® Dose 2 over 30 minutes. Try to drink a glassful (250 mL) every 10-15 minutes</b></li> <li>• <b>After you have drunk all of Dose 2, drink at least 500 mL of clear fluids* over the next 30 minutes</b></li> <li>• Continue to drink additional clear liquids after the last dose but be sure to stop drinking liquids at least 2 hours before your procedure time</li> <li>• You can take your regular medications with a sip of water but do not take diabetes medication</li> </ul> <p><b>FOR AT LEAST 2 HOURS BEFORE YOUR PROCEDURE TIME STAY NIL BY MOUTH (NOTHING TO EAT or DRINK: <i>no water, food, chewing gum, lollies, ice etc</i>)</b></p>
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**Afternoon Procedure**



**\*STAY HYDRATED! Remember to drink plenty of additional water or clear fluids before, during and after taking the Plenvu bowel preparation\***

## The White Diet - Instructions

Only foods or beverages listed below under 'WHITE DIET FOODS & FLUIDS PERMITTED' may be consumed. There is also a sample menu that can be used for meal ideas.

### TWO DAYS BEFORE YOUR COLONOSCOPY ONLY CONSUME FOODS & FLUIDS PERMITTED IN THE WHITE DIET

#### WHITE DIET FOODS & FLUIDS PERMITTED:

- Milk (regular, low fat, skim), water, lemonade, soda or mineral water, clear (not coloured) Gatorade or other sports drinks
- Regular white bread/toast, rice bubbles, white rice, regular pasta, potatoes (peeled), rice noodles, plain rice crackers, white flour, sugar
- Eggs, Chicken breast (no skin), white fish fillet (no skin)
- Plain cream cheese, cheddar cheese, ricotta, fetta, cottage, parmesan or mozzarella cheese, white sauce
- White coloured yoghurt (*no added fruit or inulin*), mayonnaise, cream, sour cream, butter and margarine, oil for cooking
- White chocolate, vanilla ice cream, lemonade icypole, clear jelly, custard, "milk bottles" (confectionery)

#### FOODS TO BE EXCLUDED (NOT ALLOWED):

- Anything not listed above
- Other white foods including pears, parsnip, cauliflower, onion, high fibre white breads (eg. Wonder White), tofu, coconut, porridge, banana, mushrooms, semolina, couscous, popcorn

#### WHITE DIET SAMPLE MENU PLAN

**Breakfast:** Glass of Milk (regular, low fat, skim)  
Rice bubbles with milk and white sugar  
Scrambled eggs and regular white toast

**Morning Tea:** Glass of Mineral water  
Plain rice crackers with cheese

**Lunch:** Glass of lemonade  
White bread sandwich with sliced chicken breast, cream cheese or mayonnaise  
A white chocolate Freddo Frog or Lemonade icypole or a handful of "milk bottles" (lollies)

**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 and sliced chicken breast  
Glass of soda water  
Vanilla ice cream

## General Instructions

- Where applicable, please bring your doctor's referral letter/Private Health Fund details/ Medicare card/Pension card/Veteran's Affairs card/ Ambulance Victoria and medication list on the day of your procedure.
- You will be admitted for approximately 3 hours.
- You will need someone to take you home following the procedure.
- You CANNOT catch a taxi or public transport home alone and you will need a responsible adult to stay with you overnight after the procedure. Your procedure may be cancelled if this has not been arranged.
- Do NOT drive, return to work, operate machinery, sign legal documents, drink alcohol or care for young children without other adult help for 24 hours after your procedure.
- Continue to take your usual medications (EXCEPT diabetic medicines) on the day of your procedure with a sip of water.
- You will be given intravenous sedation to ensure you are comfortable during the procedure.
- All procedures involve some potential risks. You will be able to discuss any concerns with the Gastroenterologist prior to your procedure.