

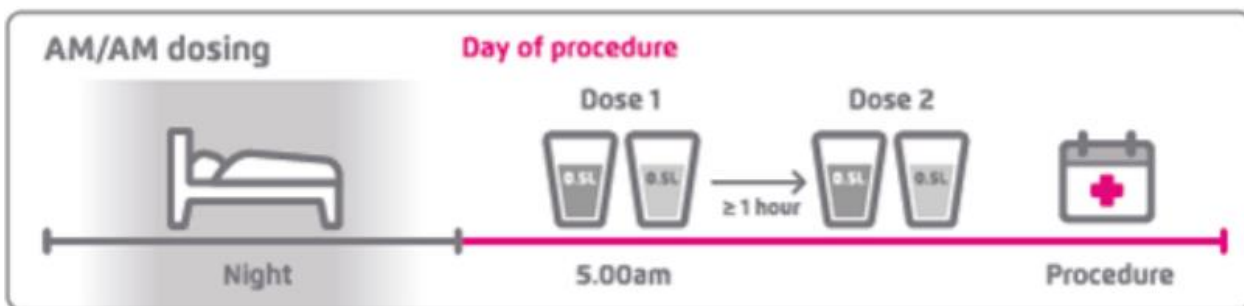
Afternoon colonoscopy: **Plenvu Bowel Preparation**

- 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

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

	<ul style="list-style-type: none"> • 6 AM: Drink PLENVU® Dose 1 over 30 minutes. Try to drink a glassful (250 mL) every 10-15 minutes • After you have drunk all of Dose 1, drink at least 500 mL of clear fluids over the next 30 minutes • Open the carton and remove Dose 2 (2 sachets) • Pour the contents into a measuring container that holds at least 500ml of fluid • Add water (not chilled) to make up to the 500ml mark on your container • Stir until all the powder has dissolved. This may take up to eight minutes • 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) • Do not keep it for more than 6 hours • Once the powder has dissolved, PLENVU® Dose 2 can be drunk at the time you have been advised • 8 AM: Drink PLENVU® Dose 2 over 30 minutes. Try to drink a glassful (250 mL) every 10-15 minutes • After you have drunk all of Dose 2, drink at least 500 mL of clear fluids* over the next 30 minutes • 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 • You can take your regular medications with a sip of water but do not take diabetes medication <p>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>)</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.