

**Consulting locations:**

📍 Suite 5.3 Level 5, 124 Grey Street (Epworth Freemasons Hospital) East Melbourne VIC 3002

📍 438 High Street, Melton VIC 3337

(All correspondence to): PO Box 68, Yarraville VIC 3013

📞 03 9996 9545 | 📠 0435 402 789 | 📠 03 9492 5282 | ✉ reception@drjeremydwyer.com

## Morning colonoscopy: **Extended 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 **‘Movicol’**, **‘Dulcolax’** and 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:**

- **8 sachets of Movicol**
- **2 Dulcolax (Bisacodyl) tablets**
- **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 (reception@drjeremydwyer.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’**  
**Start taking 2 sachets of MOVICOL EVERY MORNING AND EVENING until the day of your colonoscopy**

**DAY BEFORE COLONOSCOPY** **CONTINUE THE ‘WHITE DIET’ UNTIL 6 PM**  
**AFTER 6 PM TAKE ONLY CLEAR FLUIDS SUCH AS:**

- \* 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

**START TAKING THE BOWEL PREPARATION BETWEEN 6 & 8 PM**

- 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 on your container
- 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 preparation will cause you to have diarrhoea. This is the only way to ensure the bowel is clean**

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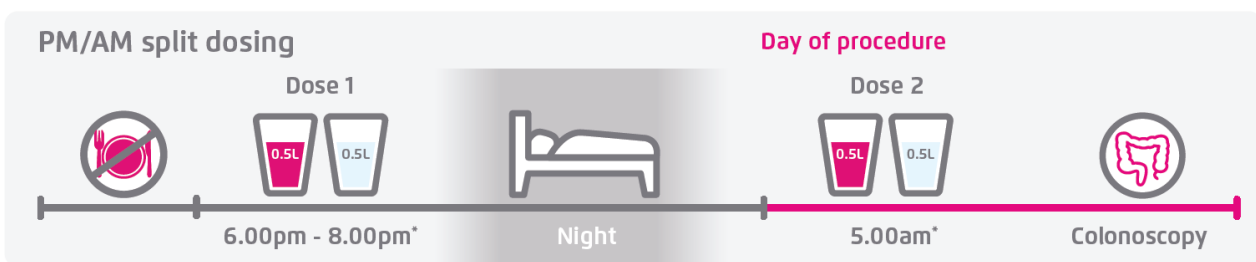
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	<ul style="list-style-type: none"> <li>• <b>6-8 PM: Drink PLENVU® Dose 1 over 30 minutes. Try to drink a glassful (250 mL) every 10-15 minutes</b></li> <li>• <b>After you have drunk all of Dose 1, drink at least 500 mL of clear fluids over the next 30 minutes</b></li> <li>• Continue to drink additional clear liquids</li> </ul> <p><b>Before bed: Take 2 DULCOLAX (BISACODYL) tablets with water</b></p>
<p><b><u>DAY OF COLONOSCOPY</u></b></p>	<p><b>GET UP EARLY AND START THE BOWEL PREPARATION AT 5 AM</b>  <b>DO NOT HAVE BREAKFAST</b></p> <ul style="list-style-type: none"> <li>• If diabetic do not take your diabetes medication</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</li> <li>• Stir until all 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 2 can be drunk at the time you have been advised</li> </ul> <ul style="list-style-type: none"> <li>• <b>5 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 regular medication with a sip of water</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>

**Morning Procedure**



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

## 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, tea and coffee.
- 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

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## 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.