

PLENVU® Instructions*

It is important that you follow the instructions carefully, as your bowel needs to be completely clean for your doctor to be able to see the bowel wall. If you are prone to constipation or get constipated when changing your diet, you may be asked to take a laxative which is available over the counter at your pharmacy.

DATE OF PROCEDURE: _____

NIL BY MOUTH TIME: _____

ADMISSION TIME: _____

CLINIC NAME: _____

PHONE: _____

3 DAYS BEFORE COLONOSCOPY – DO NOT EAT ANYTHING WITH SKINS, SEEDS, NUTS OR GRAINS

YOU CAN EAT THINGS LIKE: White bread (NO whole seeds), pita/Turkish bread, English muffins, cornflakes, puffed rice, lean meat (e.g. pork, lamb, veal or chicken), fish, peeled fruit, peeled vegetables (NO beetroot), roasted peeled potatoes, mashed potatoes, hot chips, white rice, pasta (NO wholegrain), crackers (NO seeds e.g. Sao or Jatz), eggs, butter/margarine, Vegemite, Promite, Marmite, cheese, custard, ice-cream, chocolate (avoid chocolate containing nuts).

DO NOT EAT ANYTHING WHICH HAS SKINS, SEEDS, NUTS OR GRAINS LIKE: Corn, peas, strawberries, jams, wholegrain bread, cereals, onions, muesli, muesli bars, any nuts or food containing nuts, skin on apples, pears, peaches or nectarines (peeled fruit is okay), marmalades with skins, citrus fruit, grapes, tomato skin or seeds, sun-dried tomatoes, skin on bell peppers, eggplant or potatoes (peeled vegetables are okay), legumes (e.g. baked beans or kidney beans), mustard, sultanas and raisins, brown rice, casseroles containing vegetables, lentils, barley, split peas, coconut, sesame, sunflower or poppy seeds, fruit yoghurt, fibre supplements. These foods can linger in the bowel.

SPECIAL INSTRUCTIONS

WHEN ON CLEAR FLUIDS – the Allowed Liquids that are recommended are: water, black tea or coffee (NO milk or non-dairy creamer), clear soup/broth, soft drinks, sports drinks (e.g. Gatorade, Powerade), cordial, strained fruit juice without pulp, clear apple juice, yellow or orange jelly, clear ice. NO red, purple, green or blue drinks or jelly (NO blackcurrant).

MORNING PROCEDURE

The day before your procedure you may have a light breakfast followed by a light lunch (NO SKINS, SEEDS, NUTS OR GRAINS). You must finish eating this meal at least 3 hours before you start taking PLENUV®, then start clear fluids only.

MAKE SURE TO DRINK A RANGE OF CLEAR FLUIDS THROUGHOUT THE DAY BEFORE YOUR PROCEDURE.

NOTE: DO NOT take oral medication within 1 hour before the start of PLENUV®.

DOSE 1: Prepare Dose 1 (1 sachet) according to the leaflet in the PLENUV® box. Chill if desired.

At _____ (day before procedure) drink your first dose of PLENUV® slowly plus 500 ml of clear fluids over 60 minutes. You can alternate between the PLENUV® and your clear fluids.

DOSE 2: Prepare Dose 2 (2 sachets) according to the leaflet in the PLENUV® box. Chill if desired.

At _____ (day of procedure) drink your second dose of PLENUV® slowly plus 500 ml of clear fluids over 60 minutes. You can alternate between the PLENUV® and your clear fluids.

You may continue drinking a range of clear fluids up until your **NIL BY MOUTH** time _____

Note: This product is designed to give you watery diarrhoea so stay close to a toilet. **A protective cream or ointment (lanolin, Vaseline, Am-o-lin) may be applied to your anal area before the diarrhoea commences.** If you are unsure of any aspects of the preparation or you are having an adverse reaction or any problems, ring your doctor or nurse on the number you have been given.

AFTERNOON PROCEDURE

The day before your procedure, you may eat a light breakfast followed by a light lunch, and clear soup and/or plain yoghurt for dinner (NO SKINS, SEEDS, NUTS, OR GRAINS). You should be done eating dinner by 8 pm, and then start clear fluids only.

MAKE SURE TO DRINK CLEAR FLUIDS THROUGHOUT THE DAY OF YOUR PROCEDURE.

NOTE: DO NOT take oral medication within 1 hour before the start of PLENUV®.

DOSE 1: Prepare Dose 1 (1 sachet) according to the leaflet in the PLENUV® box. Chill if desired.

At _____ (day of procedure) drink your first dose of PLENUV® slowly plus 500 ml of clear fluids over 60 minutes. You can alternate between the PLENUV® and your clear fluids.

DOSE 2: Prepare Dose 2 (2 sachets) according to the leaflet in the PLENUV® box. Chill if desired.

At _____ (day of procedure) drink your second dose of PLENUV® slowly plus 500 ml of clear fluids over 60 minutes. You can alternate between the PLENUV® and your clear fluids.

You may continue drinking a range of clear fluids up until your **NIL BY MOUTH** time _____

Note: This product is designed to give you watery diarrhoea so stay close to a toilet. **A protective cream or ointment (lanolin, Vaseline, Am-o-lin) may be applied to your anal area before the diarrhoea commences.** If you are unsure of any aspects of the preparation or you are having an adverse reaction or any problems, ring your doctor or nurse on the number you have been given.



Excellent Preparation



Poor Preparation

This information is based on the Patient Information Leaflet in the PLENUV® box.

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