

PATIENT INSTRUCTION SHEET FOR **PLENVU**

Appointment Day: Date: Time:

PLENVU is a purgative solution that can be purchased from the pharmacy. The successful examination of your bowel relies on the large bowel being as clean as possible. Please follow the instructions carefully.

..... DAY 3 Days Prior to your procedure: Start Low Fibre Diet

STOP EATING FOODS THAT CONTAIN NUTS, WHOLE GRAINS, SKINS or SEEDS.

AVOID: Wholegrain bread, fibre enriched white bread, wholemeal (brown) rice or pasta, muesli, oats (porridge). Dishes containing vegetables, legumes, such as beans or lentils. Raw fruit and vegetables. Dried fruit and nuts and seeds.

ALLOWED: White bread / panini / muffin (plain or toasted), cornflakes, rice bubbles, lean Meat, poultry, fish, mince, white rice, white pasta, skin free potato or pumpkin mashed / steamed or baked, Crackers e.g. sars, jatz, cruskits, Milk, plain yoghurt, cheese, sour cream, butter/margarine, eggs, vegemite, honey.

Drink plenty of fluids, approximately 3 Litres throughout the day
If you tend to get constipated, or sometimes require a laxative, talk to your physician

PLEASE NOTE: As with all pharmaceutical products please read the PLENVU instructions carefully.
If you have any questions please talk to your Doctor or Nurse.
DO NOT take oral medication 1 hour either side of drinking your PLENVU.
Please follow instructions given by your Doctor or Nurse regarding medications

Morning Procedure (7am - 2pm):	Afternoon Procedure (2pm - 6pm):
<p>.....: The day before your procedure: have breakfast before 9am, still avoiding foods containing nuts, whole grains, skins or seeds. <u>After this meal you will be on CLEAR FLUIDS ONLY until instructed otherwise</u></p> <p>At 5 pm take 1st dose (1hr earlier if preferred) Mix the 1st sachet of PLENVU with 500mLs of tap water stir until dissolved may take 8 mins. Followed by 500mls (2 cups) of clear fluids.</p> <p>The Plenvu preparation can be made up earlier in the day and kept in the fridge until ready to drink at 5pm.</p> <p>Continue consuming clear fluids.</p> <p>2nd dose at 7pm (or a min 2hrs since finishing your first dose of PLENVU) prepare your second dose of PLENVU. Repeat as above.</p> <p>Continue consuming clear fluids until 6hrs prior to your admission and then water only to a maximum of 250ml per hour until 2 hours prior to procedure time.</p>	<p>..... DAY: The day before your procedure: Have breakfast and lunch before 12 noon, still avoiding foods containing nuts, whole grains, skins or seeds. <u>After this you will be on CLEAR FLUIDS only.</u></p> <p>1st dose: At 6pm (1hr earlier if preferred) Mix the 1st sachet of PLENVU with 500mLs of tap water stir until dissolved may take 8 mins. Followed by 500mls (2 cups) of clear fluids.</p> <p>The Plenvu preparation can be made up earlier in the day and kept in the fridge until ready to drink at 6pm.</p> <p>Continue consuming clear fluids.</p> <p>2nd dose: 6am the day of your procedure: At least 8 hours prior to your admission Prepare your second dose of PLENVU. Repeat as above.</p> <p>Continue consuming clear fluids until 6hrs prior to your admission and then water only to a maximum of 250ml per hour until 2 hours prior to procedure time.</p>

THE PREPARATION WORKS QUICKLY AND THE EFFECTS LAST FOR 2-3 HOURS, or longer in some cases, therefore, you will need nearby access to toilet facilities. Plan your day accordingly.
The preparation will cause multiple bowel movements and watery stools.

Approved Clear Fluids: Water, black tea or coffee, clear soup/broth, soft drink or cordial (no red, green or purple), Pulp free orange juice or clear apple juice, yellow or orange jelly, electrolyte drinks eg gatorade, NO milk. Please ensure you have a variety of different fluids.

DAY OF EXAMINATION:

Take your usual medication (heart, blood pressure tablets) with a sip of water.
Continue drinking water only until 2 hours prior to the admission time. To a maximum of 250 mls per hour.

Admission time is subject to change please allow for appropriate scheduling.
A staff member will ring 1-2 days prior to confirm all arrangements.

THE SYDNEY CLINIC FOR GASTROINTESTINAL DISEASES

Important Information regarding bowel preparations and the possible complications.

As you are about to undergo a colonoscopy you will need to know some details about the risks and benefits of the bowel preparation which you will be required to take prior to your procedure.

The bowel preparation is intended to clean the bowel completely so that there is good visualisation of the whole colonic lining and any polyps are able to be removed.

There is a small risk of the bowel preparation causing dehydration and an imbalance to the electrolytes in the blood stream. It is important that you keep well hydrated and follow the bowel preparation instructions diligently.

To ensure that the risk of dehydration and electrolyte imbalance is minimised, you will need to do the following:

- drink a variety of different fluids frequently
- if you take blood pressure medications containing diuretics or oral diabetic medications they will need to be stopped as instructed by your specialist and your colonoscopy instruction sheet
- if you develop a severe headache, uncontrollable nausea and vomiting or a fainting episode stop the preparation and seek medical advice

The bowel preparation will induce significant diarrhoea so you will need to be close to a toilet which is easily accessible. Rushing to the bathroom may put you at risk of having a fall so be extra careful. If you use a walking aid make sure it is nearby.

If you are over the age of 75, have a tendency to fainting, or have multiple health problems it is advisable to have someone at home with you whilst you are taking the bowel preparation.

If you have any concerns, please do not hesitate to contact your GP, Specialist or one of the clinic nursing staff for help. You may require a consultation prior to commencing the bowel preparation if you have a lot of other health issues, take multiple medications or have had significant changes in your health since you were last seen by your Specialist.

It is a requirement of The Australian Commission of Quality & Safety in Health Care, and Medicare that you understand the risks and benefits of having a colonoscopy and taking the bowel preparation.