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COLONOSCOPY INSTRUCTIONS for Morning Procedure (Split Dose PLENVU)

What is a colonoscopy? A colonoscopy enables your doctor to examine the lining of the colon (large bowel). Under sedation, a flexible tube is gently passed via the anus into the colon. A tissue biopsy may be taken, or polyps removed. Colonoscopy is the best test to assess for bowel polyps, inflammation or cancer.

Is Colonoscopy safe? Colonoscopy is a safe and well-tolerated procedure. You may feel temporary bloating following the procedure due to inflation of the bowel during the procedure. Occasionally there may be nausea or light-headedness following the anaesthetic. Serious complications are rare, but may include :

- > **Aspiration** - (stomach contents enter the lungs) < 1% cases
- > **Bleeding** - if a polyp is removed - this may occur up to 2 weeks following the procedure and rarely requires hospitalisation or further procedures to stop the bleeding; uncommon with most colonoscopy procedures <2% cases, very rare from biopsies
- > **Infection** - rare
- > **Perforation** (a hole in the bowel) which may require surgery - rare - less than 1 in 3000

What Bowel Preparation is required? For the procedure to be accurate, the colon must be completely clean. This is achieved by following the colonoscopy instructions you will be provided with. The Preparation will cause diarrhoea to clean the colon. You will need to purchase 1 **PLENVU Bowel Prep kit**, this is available to purchase without a script from your local pharmacy for approx \$20.

What happens afterwards? You may be drowsy for several hours following the sedation. A friend or family member must drive you home and stay with you till the next day. Your procedure may be cancelled if this has not be organised. You must not drive until the following day or longer if you drive a commercial licence.

You should contact Dr Derek Chen or your GP immediately if you experience any severe abdominal pain, vomiting blood, difficulty breathing, fevers / chills, or any other symptoms you are concerned about. Alternatively, present to the closest Emergency Department.

COLONOSCOPY INSTRUCTIONS (SPLIT DOSE PLENVU)

BOWEL PREPARATION

- You will need to purchase 1 "**PLENVU Bowel Prep Kit**" - this should be available at your local pharmacy for about \$20, otherwise ask your local pharmacy to order it in advance. It does not require a prescription.
- The preparation can be made up and chilled in the fridge for up to 6 hrs before drinking
- For a successful colonoscopy, it is very important that the large bowel is totally clean. Please follow the instructions carefully for the best possible results.

MEDICATIONS

- Stop iron tablets, Imodium and Gastrostop 7 days before the colonoscopy
- Blood thinning medications: Please seek advice at least 10 days prior to the colonoscopy. Aspirin can be continued
- Diabetic medications: please seek advice on how to manage diabetes medication and insulin
If you take the Oral Contraceptive Pill, you should use additional contraception for 7 days after the bowel preparation is commenced as absorption may be temporarily affected

DIET INSTRUCTIONS

THE DAY BEFORE YOUR COLONOSCOPY

- Follow the **WHITE DIET** all day until you start drinking **PLENVU** (see instructions over page)
- Once you start drinking PLENVU, only **CLEAR FLUIDS** are allowed until after your colonoscopy. **CLEAR FLUIDS** are: water, soda water, mineral water, cordial, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea, clear soup (eg. clear chicken broth)

BOWEL PREPARATION INSTRUCTIONS

The DAY BEFORE

7pm (approx)	Drink Dose 1 of PLENVU (mango flavour): Mix the Dose 1 sachet with 500ml of water and stir for a few minutes until all dissolved Drink Dose 1 over 30 minutes Follow with at least 500ml (2 large glasses) of CLEAR FLUIDS over the next 30 minutes. Continue to drink clear fluids till bed
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ON THE DAY

3-4 hrs before your admission time	Drink Dose 2 of PLENVU (fruit punch flavour): Mix the Dose 2 sachet A + Dose 2 sachet B with 500ml of water and stir a few minutes until all dissolved. Drink this over 30 minutes Follow with at least 500ml (2 large glasses) of CLEAR FLUIDS over the next 30 minutes
2 hrs before your admission time	FAST (no more clear fluids or anything to drink) You can take regular medication with a sip of water but do not take diabetes medication. Please arrive at the scheduled admission time

WHITE DIET INSTRUCTIONS

WHITE DIET FOOD ALLOWED

- Milk, white coloured yoghurt (no added fruit), mayonnaise, cream, sour cream, butter & margarine, oil for cooking
 - White bread / toast, rice bubbles cereal, eggs
 - White rice, regular pasta, potatoes (peeled and mashed only), rice noodles
 - Rice crackers (plain), white flour, sugar
 - Chicken breast (no skin), white fish fillet (no skin)
 - Cheese: cream cheese / cheddar / ricotta / feta / cottage / mozzarella / parmesan
 - White chocolate, vanilla ice cream, lemonade ice-block or icy pole, custard
- CLEAR FLUIDS are allowed: water, soda water, mineral water, cordial, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea, clear soup (eg. clear chicken broth)

Food NOT ALLOWED

- Anything not listed above
- Other white coloured foods such as fruit or vegetables, pears, parsnip, cauliflower, onion, high fibre white bread, tofu, coconut, porridge, banana, mushrooms, semonlina, couscous, popcorn

WHITE DIET SAMPLE MENU PLAN

Breakfast: Glass of milk
Rice bubbles with milk and white sugar
Scrambled eggs and 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 icy pole 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