

HOW TO PREPARE FOR COLONOSCOPY



It is important to reduce the amount of fibre you eat **before starting the bowel preparation**. This means avoiding cereals, wholemeal bread, salads, fruits, or any food containing nuts or seeds.

THREE DAYS BEFORE THE PROCEDURE, START A LOW FIBRE DIET, THEN ONE DAY BEFORE STOP EATING ALTOGETHER

This table shows what foods you can eat and what you need to avoid before you start taking the bowel preparation. You must **STOP EATING** altogether, even low fibre food, 24 hours before the procedure.

FOOD AND DRINK ALLOWED (up to 24 hours before appointment ONLY)	FOOD AND DRINK TO AVOID
<ul style="list-style-type: none"> ✓ Lean beef, lamb, ham, veal, pork, chicken, bacon, plain meat pies ✓ Fresh, tinned, smoked seafood (no bones, shell), fish with white breadcrumbs/batter ✓ White rice, couscous, noodles, white pasta ✓ Peeled potatoes: boiled, baked or mashed ✓ Well-cooked carrots/turnip/swede (no skin), cauliflower/broccoli florets (no stalks) ✓ Sieved tomato sauces (no skin or seeds), purée, tomato/brown or Worcester sauce ✓ Plain gravy, cheese, sauce, plain mustard ✓ Eggs, soya, Quorn, tofu ✓ Clear or strained soups ✓ Stewed/tinned fruit (no skin/seeds/pith/pips) ✓ Cornflakes, Rice Krispies, Cornflakes etc. ✓ White bread, plain naan, chapatti, poppadum ✓ Rich Tea or other plain biscuits, crackers ✓ Plain cakes, plain scones (no fruit or nuts) ✓ Butter, milk, cheese, dairy alternatives ✓ Plain or fruit flavoured yoghurt (no bits) ✓ Jam, marmalade (no seeds, peel), marmite ✓ Jelly (green/yellow only), ice cream, custard ✓ Water, tea, coffee, fizzy drinks, clear fruit juice e.g. apple juice, Lucozade 	<ul style="list-style-type: none"> x Burgers, sausages, casseroles x Pies, pasties containing vegetables x All peas, beans, pulses e.g. kidney, baked, lentils, hummus x Brown rice, brown pasta, quinoa, barley x Potato skins, chips, roasted potato x Raw vegetables, salad, sweet corn, celery x Fruit (fresh, dried, or tinned with pips) x Packet soups or tinned soup with vegetables x High fibre, wholemeal/multigrain breads x Wholemeal cereals, cereals with nuts, seeds, or dried fruit x Muesli, fruit and fibre, shredded wheat, bran flakes, porridge x All nuts and seeds x Yoghurt with whole fruit muesli, seeds x Digestives, Hob-nobs, oat cakes, flapjacks x Wholegrain crackers, crackers with seeds x Cakes containing fruit, nuts, or coconut x Jam or marmalade with skin/pips/seeds x Peanut butter x Cloudy juice, juice with bits, smoothies x Red or blackcurrant cordial/squash

Advice for diabetic patients

The bowel preparation can upset your diabetes temporarily. If you need any advice, please contact the hospital you are attending for your procedure. Alternatively, you may wish to speak to your diabetic nurse for advice.

FASTING AND PLENVU INSTRUCTIONS



It is very important you follow the instructions on the following pages to ensure your bowel is clear of stool and to enable the procedure to be successful.

DO NOT EAT FOOD FOR 24 HOURS BEFORE THE PROCEDURE

Please check your appointment time to see when to stop eating. During the fasting period, please **DRINK CLEAR FLUIDS ONLY**. Stop drinking two hours before your appointment time.

Clear fluids include:

Water, fizzy drinks, Lucozade, squash (not red or blackcurrant), clear soups, Bovril or broth, black tea and coffee (no milk) and jelly (green and yellow only).

Please follow the instructions on **page 4** (rather than the manufacturer's leaflet) and according to your appointment time. Helpful **Hints & Tips** when taking PLENVU can be found on the next page.

How to prepare PLENVU

PLENVU is a two-dose treatment. The pack contains three sachets: one 'Dose 1' sachet and two 'Dose 2' sachets marked A and B.

To make the first dose, mix the 'dose 1' sachet in 500mls of water. Stir until the powder has completely dissolved (this may take up to eight minutes). Each dose of PLENVU should be sipped slowly over 60 minutes, alternating with intermittent sips of water, followed by 500ml of mandatory clear fluid over a further 30 minutes.

To make the second dose, mix the 'dose 2' sachets A and B in 500mls of water. Stir until the powder has completely dissolved (this may take up to eight minutes). Again, this dose of PLENVU should be sipped slowly over 60 minutes, alternating with intermittent sips of water, followed by 500ml of mandatory clear fluid over a further 30 minutes. We recommend that you prepare each dose early and put it in the fridge as it is more tolerable when it is cold.

What to expect when taking PLENVU

Everybody responds differently to bowel cleansing. We advise you to remain in easy reach of a toilet as it causes multiple, often urgent, watery bowel movements. It can start working in as little as 30 minutes but may take up to three to four hours to start working in some people depending on your age, diet, if you have diabetes and whether you suffer from constipation. However, for most people the effect of the bowel preparation can be seen within an hour of completion of each dose.

Your bowel motions on completion of the preparation should be a clear / yellow watery consistency.

For early morning appointments before 9.30am, you may wish to start drinking the morning dose earlier to give you time to get to hospital.

The PLENVU may make you feel nauseated or sick, feel tired, have abdominal bloating or cramps. If you feel nauseated, drink more water between sips and drink it slowly, walking around can also help. If you do not like the taste, try drinking it through a straw. The effects of the preparation may give you a sore bottom, so we suggest using a barrier cream and soft flushable wipes.

If you are unable to tolerate the bowel preparation, you vomit the contents or if by the morning of the procedure you have had little or no result in the toilet, please contact the hospital you are attending for your procedure as it may not be possible to perform the colonoscopy.

Hints & Tips when taking Plenvu®

Provided for patients who have been prescribed Plenvu® prior to their procedure



Once dissolved, (this may take up to 8 minutes) the solution can be covered and refrigerated



Sip very slowly over 60 minutes. Drink a minimum 500ml of clear fluids with each dose



Try using a straw



Alternating between the **Plenvu®** solution and clear fluid is acceptable



Stay hydrated with plenty of clear fluids

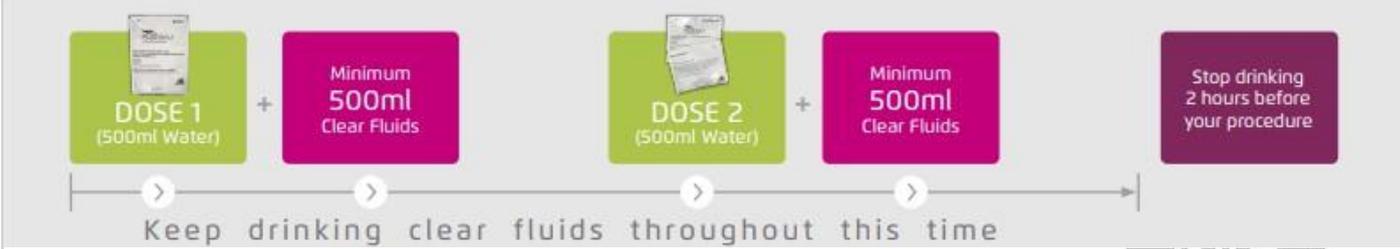

Water or diluted cordials (NOT blackcurrant)

Clear soup

Stay hydrated with clear fluids


Clear fruit juice (without pulp)

Tea / Coffee (without milk)



To watch the patient video and for more advice on taking Plenvu® please visit: www.bowelcleansingmatters.co.uk

PLENVU - MORNING APPOINTMENTS

Suggested routine to follow the DAY BEFORE YOUR PROCEDURE	
Breakfast 7 to 9am	Eat a light breakfast but avoid high fibre foods, fruit, and vegetables. This will be the last solid meal until after your procedure. (See page 5)
9am Stop eating and drink clear fluids	STOP EATING SOLID FOOD. You can have water, squash, clear soups, jelly (yellow or green only), fizzy drinks, Lucozade, black tea and coffee (no milk).
Lunch and Dinner Clear fluids only	You can have clear soups or broth such as Bovril or Oxo and jelly (yellow or green only). Remember to continue to drink plenty of clear fluids.
5 - 6pm	Make your FIRST dose of PLENVU 'Dose 1' and sip slowly over 60 minutes, alternating with sips of water. Remember to drink an additional 500ml of water over 30 minutes following this dose.
Clear Fluids only	Continue to drink clear fluids to stay hydrated.
Suggested routine to follow the DAY OF YOUR PROCEDURE	
5 - 6am (earlier if desired)	Make your SECOND dose of PLENVU 'Dose 2' with sachets A & B and sip slowly over 60 minutes, alternating sips with water. Remember to drink an additional 500ml of water over 30 minutes following this dose.
Two hours before appointment	STOP DRINKING FLUIDS. Please don't worry about travelling to hospital after taking this dose as it clears the stool produced overnight only.

PLENVU - AFTERNOON APPOINTMENTS

Suggested routine to follow the DAY BEFORE YOUR PROCEDURE	
Breakfast	Eat a light breakfast but avoid high fibre foods, fruits, and vegetables. (See page 5)
Lunch 12 noon	Eat a light lunch but avoid high fibre foods, fruits and vegetables. This will be the last solid meal until after your procedure.
1pm Stop eating and drink clear fluids	STOP EATING SOLID FOOD. You can have water, squash, clear soups, jelly (yellow or green only), fizzy drinks, Lucozade, black tea, and coffee (no milk).
5 - 6pm	Make your FIRST dose of PLENVU 'Dose 1' and sip slowly over 60 minutes, alternating with sips of water. Remember to drink an additional 500ml of water over 30 minutes following this dose.
Dinner Clear fluids only	You can have clear soups or broth such as Bovril or Oxo and jelly (yellow or green only). Remember to continue to drink plenty of clear fluids.
Suggested routine to follow the DAY OF YOUR PROCEDURE	
8 - 9am	Make your SECOND dose of PLENVU 'Dose 2' and sip slowly over 60 minutes, alternating with sips of water. Please drink a further 500mls of water over 30 minutes following this dose.
Two hours before appointment	STOP DRINKING FLUIDS. Please don't worry about travelling to hospital after taking this dose as it clears the stool produced overnight only.

CONTACT US

If you have any questions or concerns about your procedure, please contact us at **Parkside Hospital** on **020 8971 8000**.