Colonoscopy Preparation Instructions

the endoscopy centre
EST. 1988
NORTH WEST WESTPOINT

IMPORTANT INFORMATION

Colonoscopy allows the specialist to examine the lining of the lower gastrointestinal tract using a thin flexible tube, which contains a video camera and a light source. To ensure the procedure is successful, the colon must be completely empty. Inadequate cleaning of the bowel may result in the procedure having to be repeated. Please use PLENVU to prepare the bowel for your colonoscopy. Please follow the instructions carefully.

Please note: The bowel preparation solution will cause multiple bowel motions, usually within the first 2-3 hours of the first dose, and you may also experience some abdominal cramps. Please remain in easy reach of toilet facilities.

MEDICATIONS

If you are on:

- **Iron, Multivitamins & Fish oil:** MUST Cease 5 days prior
- **Diabetic Medication:** you will need to seek advice from you GP regarding your medication during your colonoscopy preparation period.
- **Blood Thinning Medication (i.e. Warfarin, Iscovar, Plavix, etc):** May require stopping, follow instructions as per Specialist advice.
- **Weight Loss Injections (i.e. Ozempic, Mounjaro, Wegovy, Trulicity, etc):** STOP taking your weight loss injections 3 weeks prior to procedure date.
- **Taking other medications?**
  If you are unsure about whether you can continue to take any other medications, please call the Hospital or speak to your GP.

WHAT YOU NEED

You will need to obtain "PLENVU"
This is available to purchase at your local pharmacy without a prescription
The preparation can be made up and chilled in a fridge for up to 6 hours before drinking

WHAT DO I NEED TO DO?

You should not eat foods containing:
Pips, Seeds, or whole Grains for 4 days before your procedure.

DAY BEFORE THE PROCEDURE

- Follow the bowel prep instructions Dose 1- **DAY BEFORE**
- Ensure that you drink at least 3-4 liters of fluids the day before the procedure.

DAY OF THE PROCEDURE

- Follow the Bowel Prep Instructions Dose 2- **DAY OF COLONOSCOPY**
- Take medications as prescribed (except for Diabetic medications) with a very small sip of water.
- You must **NOT** eat anything on the day of your procedure. You may drink plain water until 3 hours before the procedure **BUT** you must stop drinking completely 3 HOURS before the procedure.
- Wear loose comfortable clothing
- You must have a suitable adult escort you home approx. 2hrs after the procedure and a responsible adult need to stay with you for at least 24 hours. **Your procedure will be cancelled if you have not organised for someone to escort you home safely and stay with you 24hrs after the procedure**.
- Please arrive at your scheduled admission time.
- Please bring: Referral from your GP, Medicare Card, Private Health Insurance details (if insured).

Please Turn Over for the Bowel Preparation Instructions- DAY BEFORE

DAY BEFORE

Before 12:00 PM

Have a light breakfast and lunch — for example:

- Milk, white coloured yoghurt (no added fruit), mayonnaise, cream, sour cream, butter and margarine
- White bread/toast (not high fibre bread), rice bubbles cereal, eggs
- White rice, regular pasta, potatoes (peeled), 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 cheese
- White chocolate, vanilla ice cream, lemonade ice-block ('icy-pole'), custard, "milk bottles"(white confectionery).
- 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, semolina, couscous, popcorn

From 12:00 PM onward

No solid food.

Clear fluids only:

- Water, soda water or mineral water
- Cordial, Sports drinks (not red, purple or blue), Lemonade
- Apple juice without pulp
- Black tea or coffee (no milk)
- Clear soup/broth (no meat or veges),
- Jelly (not red or purple).

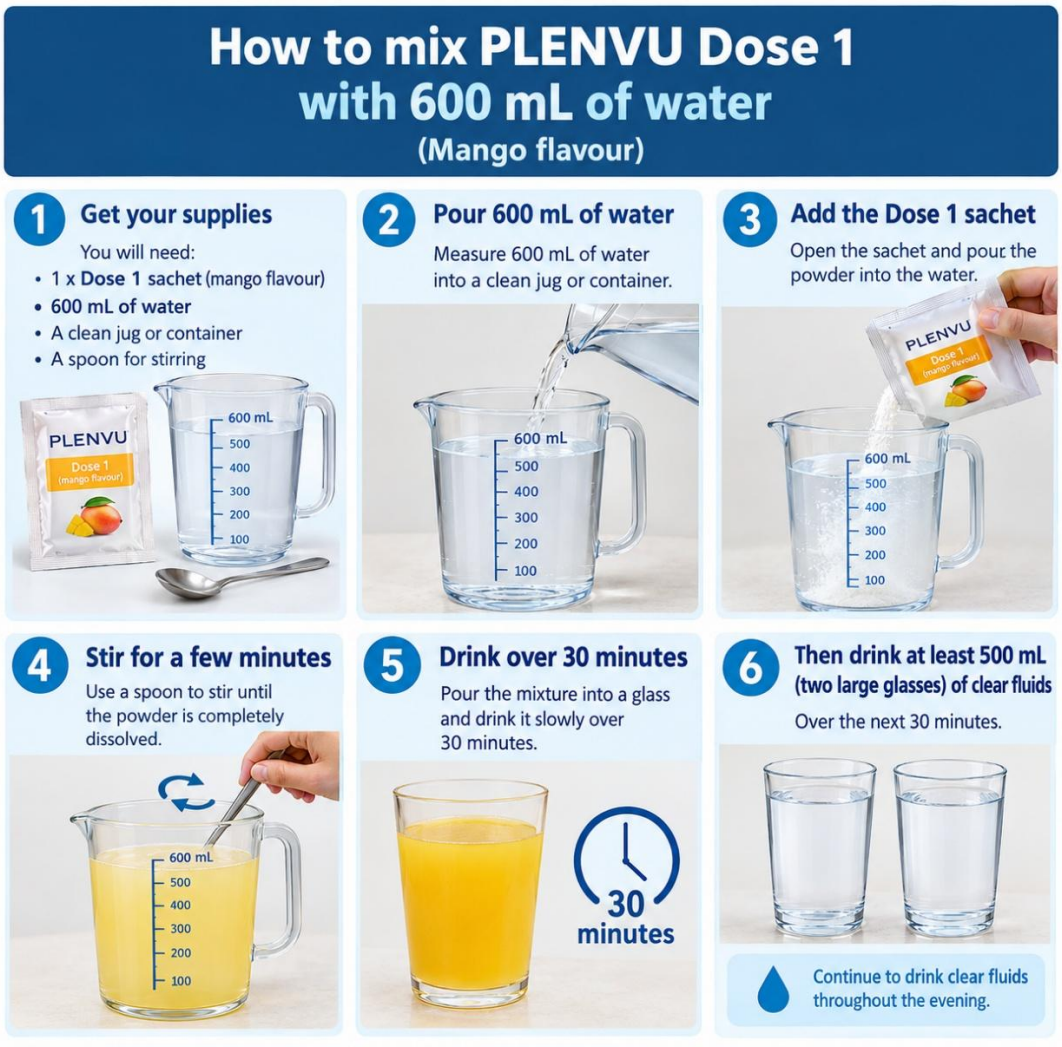
Please Turn Over continuation- DAY BEFORE

DAY BEFORE

EVENING 7:00 PM (approx.)

PLENVU Dose 1 (mango flavour):

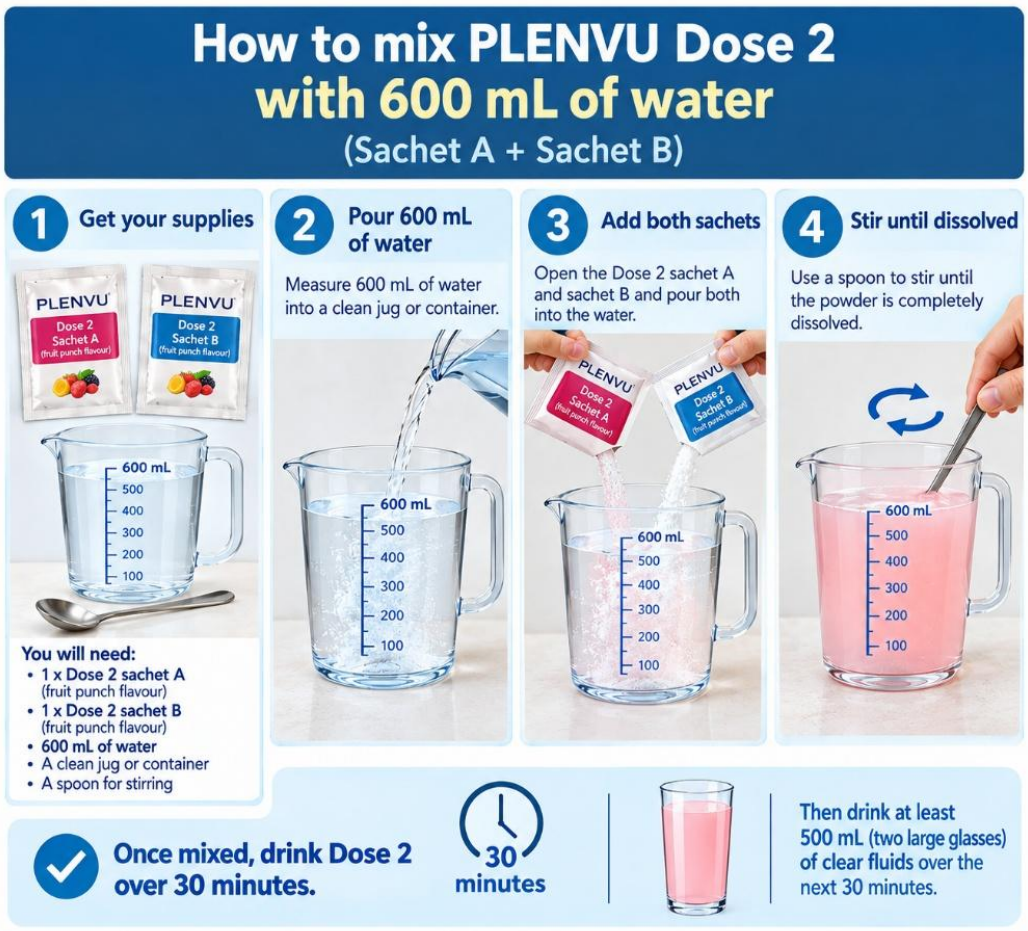
- Mix Dose 1 sachet with 600 mL water.
- Stir for a few minutes until dissolved.
- Drink it over 30 minutes
- Then drink at least 500 mL (2 large glasses) of clear fluids over the next 30 minutes



Please Turn Over for the Bowel Preparation Instructions- DAY OF COLONOSCOPY

DAY OF COLONOSCOPY

4 hrs before your admission time	**PLENVU Dose 2 (fruit punch flavour)** • Mix Dose 2 sachet A + Dose 2 sachet B with 600 mL water. • Stir for a few minutes until dissolved. • Drink it over 30 minutes. • Then drink at least 500 mL (2 large glasses) of clear fluids over the next 30 minutes.
3 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, according to instructions.
Admission time	Arrive at your scheduled admission time.



QUICK VISUAL TIMELINE

TIME	WHAT TO DO
Day Before- before 12 PM	Light breakfast/lunch
Day Before- 12 PM onward	CLEAR FLUIDS ONLY
Day Before Evening ~7 PM	PLENVU Dose 1 + at least 500 mL clear fluids
4 hrs before admission- **Day of Colonoscopy**	PLENVU Dose 2 + at least 500 mL clear fluids
3 hrs before admission- **Day of Colonoscopy**	FAST — nothing to drink
Admission time	Arrive at hospital/clinic