

PLENVU[®] Instructions*

It is important that you follow the instructions carefully, as your bowel needs to be very 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 such as MOVICOL[®] 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 SKIN, SEEDS, NUTS OR GRAINS**

YOU CAN EAT THINGS LIKE: white bread (no whole seeds), pita/turkish bread, english muffins, cornflakes, rice bubbles, lean meat eg. beef, pork, lamb, veal or chicken, fish, peeled fruit, peeled vegetables (no beetroot), roasted peeled potato, mash potato, hot chips, crackers (no seeds e.g. Sao or Jatz), eggs, butter/margarine, Vegemite, Promite, Marmite, cheese, custard, ice-cream, chocolate (avoid bars containing nuts).

DO NOT EAT ANYTHING WHICH HAS SKINS, SEEDS, NUTS OR GRAINS: eg. Corn, peas, strawberries, jams, wholegrain bread, cereals, onion, muesli, muesli bars, any nuts or food containing nuts, skin on apple, pear, peach or nectarine (peeled fruit is okay), marmalades with skins, citrus fruit, grapes, tomato skin or seeds, sundried tomato, skin on capsicum, eggplant or potato (peeled vegetables are okay), legumes eg. 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 supplement.

SPECIAL INSTRUCTIONS

*PLEASE READ PACKAGE INSERT IN PRODUCT PACKAGING BEFORE USE

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 (NO blackcurrant, red, purple, green or blue drinks or jelly), clear ice.

MORNING PROCEDURE

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

ENSURE YOU DRINK A RANGE OF CLEAR FLUIDS DURING THE DAY BEFORE YOUR PROCEDURE.

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

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

At _____ (day before procedure) drink your first dose of PLENVU® slowly over 30 minutes.

Follow with 500 mL of clear fluids. Continue to drink clear fluids only.

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

At _____ (day of procedure) drink your second dose of PLENVU® slowly over 30 minutes.

Follow with 500 mL of 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 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 (which should be completed by approximately 8pm) (NO SKINS, SEEDS, NUTS, OR GRAINS) and then start clear fluids only.

ENSURE YOU DRINK CLEAR FLUIDS DURING THE DAY OF YOUR PROCEDURE

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

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

At _____ (day of your procedure) drink your first dose of PLENVU® slowly over 30 minutes.

Follow with 500 mL of clear fluids only.

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

At _____ drink your second dose of PLENVU® slowly over 30 minutes.

Follow with 500 mL 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 the number you have been given.



Excellent Preparation



Poor Preparation