



Preparation for Colonoscopy (Plenvu)

1) If you are on a blood thinning medication (e.g. warfarin, coumadin, Plavix), discuss with your doctor about withholding the medication **at least 3 days prior to the procedure**. (There is a risk of bleeding associated with the use of these medications.)

2) **7 days prior to your procedure - avoid foods that contain NUTS, WHOLEGRAINS OR SEEDS.**

3) Please adhere to the bowel preparation as described below. **You must finish your preparation even if you are passing clear bowel motions.** The success of your examination depends on the bowel being as clear as possible, otherwise the procedure may need to be postponed and the preparation repeated.

BOWEL PREPARATION INSTRUCTIONS

1 day before the procedure

Breakfast	<p><u>If procedure is before 11am</u>, you must have a light breakfast of white toast and a cup of tea or coffee. NO SOLID FOOD AFTER BREAKFAST UNTIL AFTER YOUR PROCEDURE.</p> <p><u>If procedure is after 11am</u>, you must have a light breakfast AND lunch (white toast and tea/coffee). NO SOLID FOOD AFTER LUNCH UNTIL AFTER YOUR PROCEDURE.</p> <p>After your last meal, drink at least 2L of clear liquids spread over several hours. e.g. 250ml every 30 minutes.</p> <p>Clear liquids should include a COMBINATION of the following: ●water ●mineral water ●soda water ●apple juice ●pineapple juice ●Bonox ●yellow jelly ●strained chicken noodle and or vegetable soup ●black tea and or coffee ●lemonade ●ginger ale ●sports drinks/cordials/soft drinks (no red/green/blue/purple)</p>
10 – 12 hours before procedure	<p>Prepare Dose 1 (1 sachet) according to the leaflet in the Plenvu box. Start consuming your Plenvu over 30 minutes. Then drink at least 2L of clear liquids spread over several hours. e.g. 250ml every 30 minutes.</p>
Overnight	<p>Drinking clear liquids is allowed until 4 hours prior to the start of the procedure. E.g. If your procedure is expected to start at 9am, you can drink liquids until 5am.</p>

On the day of the procedure

5 hours before procedure	<p>Prepare Dose 2 (2 sachets) according to the leaflet in the Plenvu box. Start consuming your Plenvu over 30 minutes. STRICTLY NO LIQUIDS OR SOLIDS FROM 4 HOURS PRIOR TO THE START OF THE PROCEDURE</p>
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