



PLENVU®

Powder for Oral Solution

Macrogol 3350, Sodium Ascorbate, Sodium Sulfate,
Ascorbic Acid, Sodium Chloride, and Potassium Chloride

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

For a morning procedure

- 1st dose-6 PM the night before
- 2nd dose-3 HOURS BEFORE ADMISSION TIME
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Afternoon procedure

- 1st dose 6AM on the day of procedure
- 2nd dose-3 HOURS BEFORE ADMISSION TIME

*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 See above (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 See above (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 2 hours prior to admission

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

Follow with 500 mL of clear fluids only.

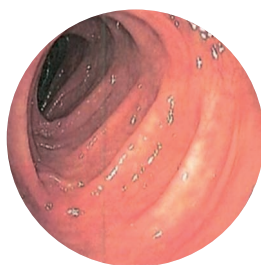
DOSE 2: Prepare Dose 2 (2 sachets) according to the leaflet in the PLENVU® box. Chill if desired.

At See above 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 2 hours prior to admission

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

Preparing for your colonoscopy

3 Days Prior to your procedure, start a "low residue diet"

AVOID FOODS THAT CONTAIN NUTS, WHOLE GRAINS, SKINS, SEEDS OR FIBRE

Day: _____ Date: _____

THERE IS A SUGGESTED MENU FOR THESE 3 DAYS ON THE BACK PAGE

The following table suggests types of foods to avoid and those allowed during these 3 days.



Wholegrain bread, fibre enriched white bread, wholemeal (brown) rice or pasta, corn meal, cereals, muesli, muesli bars, oats (porridge)

Casseroles or dishes containing vegetables

Strawberries, passionfruit, citrus fruit, grapes, tomato, capsicum, peas, corn, onions
Legumes, such as baked beans or kidney beans, lentils, barley, split peas.
All fruit and vegetable skins and seeds.

Coconut, dried fruit, nuts, sultanas, raisins, seeds eg linseed, sesame, sunflower, poppy
Fruit yoghurt, Jevity[®], Sustagen[®] Hospital with fibre, Nutrison[®] Multi Fibre

Jams and marmalades with skins, seeds or peel, peanut butter, mustard, most relishes

AVOID ALL FIBRE SUPPLEMENTS SUCH AS:
Metamucil[®], Normafibe[®], Normacol Plus[®], Nucolox[®], Psyllium, Benefiber[®], Fybogel[®]

English muffins, croissant, French toast, plain white bread, white toast, panini, Cornflakes[®], Rice Bubbles[®], white flour, white pasta, white rice

Lean beef, pork, lamb, veal, fish, poultry, eggs, bacon, meat curries (no onion)
Plain meat/steak and bacon pies, tofu, meat substitutes

Clear strained fruit juice (clear apple, clear pear), strained vegetable juice (V8[®])
Skin free pumpkin and potato (mashed, steamed, baked), potato salad – with mayonnaise, egg, ham

All milks, plain yoghurt, cheese, white sauces, sour cream, butter, margarine, oil, mayonnaise, vanilla ice cream, meringue, custard

Vegemite[®], honey, lemon butter, cheese spread, fish and meat paste

Include at least 6 - 8 glasses of fluid per day: Strained broths, clear soups, beef tea, soup cubes, water, soda water, tea, coffee, cordial, Bonox[®], Bovril[®], Milo[®], Aktavite[®], Sustagen[®], Ensure[®], Digestelact[®]

Suggested 'low residue' menu plan only

This menu plan is a suggestion only and is not intended for long term use, as it contains fewer vegetables and fruits than recommended in a balanced diet.

BREAKFAST	LUNCH /DINNER	SNACKS
Juice - apple, cranberry, pear, white grape	Clear soups, broths, chicken noodle soup	Cheese and plain crackers
Plain yoghurt (no fruit or nut topping)	Fish, steak, chops, ham, chicken, turkey	Rice cakes, protein bars (no nuts)
Small bowl Cornflakes® or Rice Bubbles®	Potato or pumpkin (skinless), baked, steamed, mashed, potato salad	Ham quiche
2 eggs poached, boiled or scrambled	Pasta carbonara or macaroni	Parmesan cheese sticks
Bacon, sausage	Cheese (no tomato paste or bottled sauces)	Skinless wedges with sour cream
Hash browns	Sandwiches - white bread / roll	Cake based on white flour
1 slice white toast	Panini: chicken, ham (no mustard), tuna, turkey, pastrami, corned beef, cheese, egg	Biscuits based on white flour
French toast, cinnamon sugar	Baked rice custard, chocolate mousse	Chocolate biscuits – no nuts
Vegemite®, honey	Plain ice-cream	Cheesecake - no wholemeal crust
Croissants - plain or ham and cheese	Water, soft drink, tea, coffee	Scones with honey
Low fibre muffin - no fruit or nuts		Pikelets with lemon & sugar or honey
Crumpets and honey		Waffles with syrup
Pancakes with syrup		Vanilla slice (no passionfruit seeds), doughnut, custard danish or custard tart, Meringue kisses, milkshakes, egg flips, protein shake
Chocolate brioche		Clear sports drinks, tea, iced tea, coffee, hot chocolate
Tea, coffee, water		Ensure®, Digestelact®, water

Clear fluids includes the following;

- Water
- Black tea
- Black coffee
- Cordial – orange or lemon
NO red, green, purple or blue
- Fruit Juice – pulp free orange or clear apple
- Clear Soup – strain bits out before drinking
- Yellow or orange jelly
- Sports Drinks eg Gatorade® or Powerade®. **NO red, green, purple or blue**
- Beef tea eg Bovril®, Bonox®
- Soup cubes eg stock cube in hot water