

PLENVU BOWEL PREPARATION MORNING PROCEDURE

Procedure: _____

Date: _____ Please report to the admission desk at: _____

NEW REFERRAL REQUIRED BEFORE PROCEDURE YES / NO (Send to practice not hospital)

Location: _____

Your doctor is: _____

Your anaesthetist is: _____

If you have any questions or to discuss out of pocket expenses your anaesthetist may charge please ring: _____

If you are having day surgery you will not be able to drive home, please arrange for someone to drive you home after your procedure. It is essential you have a responsible adult present for the next 24 hours

2 DAYS PRIOR TO YOUR PROCEDURE

Please eat only a **LOW FIBRE DIET** this day (See **DIET page for low fibre diet options**)

DAY PRIOR TO YOUR PROCEDURE

You may have **LOW FIBRE DIET** until **11am**

Then commence with **CLEAR FLUIDS** (See **DIET page for clear fluid options**)

The aim of the preparation is to clean the large bowel thoroughly. You will probably find that diarrhoea will begin one to two hours after commencement of the laxative solutions. At completion of the preparation, liquid bowel actions may be light brown, green or yellow in colour with a small amount of debris – this is satisfactory.

AT 6.00 PM:

Add **Plenvu – Dose 1 (mango)** into a container that holds 500ml. Add water to make up to 500mls and stir until dissolved. Drink over 30 minutes Followed by 500mls of clear fluids over the next 30 minutes

AT 9.00 PM:

Add **Plenvu – Dose 2 (fruit punch)** into a container that holds 500ml. Add water to make up to 500mls and stir until dissolved. Drink over 30 minutes Followed by 500mls of clear fluids over the next 30 minutes

Continue to drink at least a glassful of clear fluid every hour while you are awake.

DAY OF YOUR PROCEDURE

You may drink **CLEAR FLUIDS** until _____ (6 hours before admission time)

You may continue **WATER** (250ml per hour) until _____ (2 hours before admission time)

And then nothing by mouth until instructed by hospital staff this includes lollies, chewing gum and smoking

DIET

LOW FIBRE DIET

- White bread – fresh or lightly toasted
- Butter / margarine
- Vegemite, honey
- Yoghurt – low fat, plain or vanilla
- White cheese ie cottage, feta, ricotta
- Eggs – scrambled, poached or boiled
- Chicken – skinless
- Fish – skinless.
- Potato – peeled and cooked
- Pumpkin – peeled and cooked
- Plain biscuits – Jatz, Arrowroot

Milk is allowed including milk substitutes

CLEAR FLUID DIET

(yellow, orange, brown colourings only)

- Water
- Clear broth, stock cubes in water
- Cordial
- Fruit juice – strained, without pulp or seeds ie clear apple
- Teaspoon of Bonox or Vegemite in hot water
- Black tea, herbal tea or coffee
- Sugar, honey or artificial sweeteners are allowed
- Plain jelly – without fruit
- Clear ice blocks – lemon sorbet
- Sports drinks or gastrolyte.
- Soda water, mineral water, lemonade
- You may suck on barley sweets or other hard travel sweets

No milk, milk substitutes or dairy products are allowed

MEDICATIONS

PLEASE TAKE ALL YOUR REGULAR MEDICATIONS **except for the following:**

- **Clopidogrel (Plavix, Iscover, Clopidogrel Plus, Coplavix, Duo Cover)**
- **Dabiatran (Pradaxa)**
- **Rivaroxaban (Xarelto)**
- **Apixaban (Eliquis)**
- **Other anticoagulants need to be addressed specifically with your doctor**

_____ **STOP ON** _____ **LAST DOSE ON** _____
Aspirin should be stopped **10 days** prior to your procedure, unless otherwise instructed by your doctor.

All natural remedies / medications should be stopped **7 days** prior to your procedure

Fish oil

Krill oil

Glucosamine

Iron should be stopped **5 days** prior to your procedure, if colonoscopy is also being performed.

Warfarin should be stopped **4 days** prior to your procedure unless otherwise instructed by your doctor.

Non-steroidal anti-inflammatory drugs should be stopped **2 days** prior your procedure

Nurofen/Ibuprofen

Indocid

Celebrex

Mobic

Voltaran

Diuretics should not be taken on the morning of your procedure

Frusamide

Spirolactone

If you have **diabetes** please refer to the **DIABETIC MEDICATION** pages for instructions.

Please take all your other regular medications as per normal