

## **Plenvu® bowel preparation for full colonoscopy – appointment between 8 am to 11 am**

In order to see inside the bowel, you must drink Plenvu® laxative. This will ensure that the doctor can see the lining of the bowel. If there is any bowel motion in the bowel, it can obscure the view. If the bowel is not empty, the procedure may be cancelled and may have to be repeated.

Your appointment time is a check in time only. Delays are unavoidable. Expect to be in the GI Unit for up to 5 hours. We are grateful for your patience in this matter.

### **Medication Advice**

If you are taking regular laxatives for constipation, stop taking them for 2 days before the test.

If you are on diabetic tablets or insulin, please contact the GI Unit for advice.

If you are on a daily fluid restriction due to kidney or heart failure, please contact the GI Unit for advice.

If you are taking Warfarin, Dabigatran (Pradaxa®), Apixaban (Eliquis®) Rivaroxaban (Xarelto), Edoxaban (Lixiana®), Clopidogrel, Ticagrelor (Brilique®) or Prasugral (Effient®) please contact the GI Unit for advice.

**Stop** taking iron e.g. Galfer®, Ferrograd® or multivitamins for 1 week before the procedure.

**Stop** anti-diarrhoea tablets for 5 days before the procedure.

**Continue** all of your prescribed medication unless instructed otherwise.

If you take the contraceptive pill do not take one hour before, during or one hour after Plenvu® administration.

Always leave 1 hour between taking any medication and drinking the Plenvu®. This gives your medication time to be absorbed properly.

### **Two days before the full colonoscopy**

**You can eat** cheese, eggs, tofu, white bread only, white pasta, plain yogurt, plain chicken or fish, ham, mashed potato, ice cream or custard, butter, margarine seedless jam, gravy or white sauce. If you are diabetic adhere to a sugar free diet. You can drink what you like.

The reason for eating a bland diet is to start the process of clearing out the bowel. These are **low fibre foods**.

**Do not eat** red meat, sausages, rashers, brown bread, brown rice, baked beans, vegetables, salads, fruit, seeds, nuts, porridge, chips or any breakfast cereal. Avoid these foods as they can remain in your bowel. These are high fibre foods.

### **The day before full colonoscopy**

Eat a low fibre breakfast. You can choose from the list above.

Do not eat any more food after 1 pm. If you eat after that time the laxative may not work as well.

Drink clear liquids only for the rest of the day. These include water, clear soups with no bits in it, Oxo, Bovril, tea and coffee without milk, fizzy drinks, barley's lemon, fruit juices with no bits in it, green tea, orange cordial but no blackcurrant. Drinking a good variety of fluids will stop you from becoming dehydrated. It also helps Plenvu® to work well.

### **How to make up Plenvu® and when to drink it**

At **7 pm** open the box. There are 2 packets inside: Dose 1 and dose 2.

Open the packet that says dose 1 and empty the powder into 500 ml of water (half a litre). Stir it until it dissolves and sip it slowly over the next hour. It can take a few minutes for the powder to fully dissolve. Drink an additional 1500 ml of fluids after Plenvu®. The extra fluids will help the Plenvu® to work better.

At **10 pm** open the packet marked dose 2. There are two packets of powder which you will need to empty into 500 ml (half a litre) of clear liquids. Wait until it dissolves. Sip slowly over an hour. It is ok to alternate sipping the Plenvu® and clear fluids. It is important is that you drink it all. If possible try to drink another additional 1500 ml of fluids after Plenvu®.

After drinking Plenvu® you should expect to have diarrhoea, some cramps, abdominal discomfort and a sore bottom. This is normal. You can use some Sudocream® or Vaseline® around your back passage. Stay near a toilet.

### **The morning of the procedure**

Do not eat any food or drink anything for 4 hours before your procedure time. This is particularly important if you are also having a gastroscopy (stomach test).

If you have decided to have sedation for your procedure, you must have an adult available to collect you from the GI Unit. You cannot drive home or go home alone. You will still be under the influence of the sedative medication.

The results of the procedure will be discussed with you before you go home.

**Contact details:** GI Unit, Level 4, The Whitty Building, Mater Hospital.

**Administration:** 01 8034464 or 8032837 to discuss appointment dates issues.

**Pre assessment nurse:** 01 8034034

**G.I. Ward:** 01 8032499

		<b>Mater Misericordiae University Hospital</b>		
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