

# Preparation for Colonoscopy

Preparing for your procedure using the PLENVU bowel preparation kit

## What is a colonoscopy?

A colonoscopy (scope) is the examination of the lower gastrointestinal tract to diagnose, and in some cases, treat problems. This procedure involves passing a colonoscope, a long, thin flexible tube with a tiny camera at the tip through the rectum into the colon (large intestine, large bowel). It allows the doctor to inspect the colon and to perform specialised procedures such as taking biopsies for pathology and removal of polyps (abnormal growths which sometimes develop into cancer).

A colonoscopy is typically performed using sedation which will make you feel relaxed and sleepy but not unconscious for your procedure.

## Why is it important to prepare?

- For a successful colonoscopy it is very important that the bowel is cleaned well. This will enable the doctor to clearly see the lining of the bowel
- Poor bowel preparation may mean that the procedure will have to be stopped and you will have to repeat the procedure on another day

## Who do you contact if you need advice or help?

If you have any questions about this information, or if you feel that your bowel motion is not clear at the end of your bowel preparation contact:

- Endoscopy Bookings (07) 3883 7800 - in business hours: 8am to 4pm Monday to Friday
- Redcliffe Hospital (07) 3883 7777 - out of hours

## When should you seek medical attention?

If you become ill and / or have severe pain seek medical advice from:

- Your General Practitioner (GP)
- After Hours Home Doctor Service
- Nearest Emergency Medical Centre

## Frequently Asked Questions (FAQ)/ What else should I know?

### What is in my Plenvu Bowel Prep Kit?

- Dose 1 sachet
- Dose 2 sachet A and sachet B
- 12 x Macrogol (e.g., Movicol®, ClearLax®) Sachets (if clinically required)

To help you prepare for your colonoscopy our medical teams and patients have created a series of films about colonoscopies. Each film has been reviewed by clinicians and patients alike to ensure that the information shared can help you to understand the procedure and prepare for it.

To access these videos, you can scan the QR code below with your smart device or alternatively you can type <https://bit.ly/rh-ge> into your internet search engine on a computer or smart device.



*It is important that you follow the instructions given by the Redcliffe Hospital Endoscopy department as your circumstances may be different from the general information supplied in these videos.*

### What is included in the **CLEAR FLUIDS** list?

- Clear or strained soup
- Water, clear juice (**not orange juice**)
- Black tea or coffee (**no milk**) herbal or iced tea
- Lemonade, ginger ale
- Yellow or orange sports drinks or cordial
- Yellow or orange jelly

### What is included in the **FASTING FLUIDS** list?

- Water, clear juice (**not orange juice**)
- Black tea or coffee (**no milk**) herbal or iced tea
- Yellow or orange sports drinks or cordial

### What foods can I eat?

You can eat normally up until four days prior to your procedure. **Four days** prior to your procedure you will begin the **Low Fibre Diet**. You can find the Low Fibre Diet at the end of this leaflet.

### Your Preparation Diary

Date	Timeframe	Instructions
___/___/___	<b>10 Days prior to your Procedure</b>	<ul style="list-style-type: none"> <li>• Stop taking iron tablets / multivitamins, Fish / Krill Oil supplements 7-10 days prior, or as advised by your doctor.</li> </ul>
___/___/___	<b>7 Days prior to your Procedure</b>	<ul style="list-style-type: none"> <li>• Commence Macrogol (e.g., Movicol®, ClearLax®) 2 x sachets, 1 sachet in the AM and 1 sachet in the PM each day. This can be ceased the day you commence taking your Plenvu Kit.</li> </ul>
___/___/___	<b>4 Days prior to your Procedure</b>	<ul style="list-style-type: none"> <li>• Commence the <b>Low Fibre Diet</b></li> <li>• Increase your fluid intake by drinking plenty of water or clear fluids.</li> </ul>
___/___/___	<b>1 Day prior to your Procedure</b>	<ul style="list-style-type: none"> <li>• <b>CLEAR FLUIDS ONLY</b> for all meals. Refer to the clear fluids list in the FAQ section.</li> </ul>
	<b>3 PM</b>	<ul style="list-style-type: none"> <li>• Pour the contents of Dose 1 into a measuring container that can hold 500ml.</li> <li>• Add 500ml tap water (not chilled) and stir until all the powder has dissolved. It may take up to 8 minutes to dissolve. Keep in a cool place or refrigerate.</li> </ul>
	<b>6 PM</b>	<ul style="list-style-type: none"> <li>• Drink solution slowly over 30 minutes. Try to drink a glassful every 10-15 minutes.</li> <li>• Drink an additional 500mls of clear fluids over the next 30 minutes.</li> </ul>
	<b>Before Bed</b>	<ul style="list-style-type: none"> <li>• Pour the contents of <u>Dose 2 sachets A and B</u> into a measuring container that can hold 500ml.</li> <li>• Add 500ml of tap water (not chilled) and stir until all powder has dissolved. It may take up to 8 minutes. Keep in a cool place or refrigerate</li> </ul>
___/___/___	<b>Day of Procedure</b>	<ul style="list-style-type: none"> <li>• <b>FASTING FLUIDS ONLY</b> + Plenvu Dose 2. Refer to the Fasting Fluids List in the FAQ section.</li> </ul>
	___ <b>AM</b>	<ul style="list-style-type: none"> <li>• Drink Plenvu Dose 2.</li> <li>• Drink solution slowly over 30 minutes.</li> <li>• Drink an additional 500mls of fasting fluids over the next 30 minutes.</li> </ul>
	___ <b>AM</b>	<ul style="list-style-type: none"> <li>• Your bowel preparation must be complete</li> <li>• Fasting fluids can continue but must be limited to 100mls per half an hour after finishing your bowel preparation.</li> </ul>
	___ <b>AM</b>	<ul style="list-style-type: none"> <li>• Nil by mouth.</li> </ul>

## Things to remember as you prepare:

### Do:

- Follow the instructions in your Preparation Diary
- Eat foods from the **Choose** list in **Low Fibre Diet**
- Drink the solution through a straw if it is easier to do so
- Refrigerate the Plenvu solution as it is easier to tolerate if it has been chilled prior to drinking
- Drink the recommended amount of liquid to replace the fluid that may be lost during bowel emptying
- Remain close to toilet facilities whilst you are taking the bowel preparation
- Apply protective cream e.g., lanoline or Vaseline around your anal area to reduce skin damage
- If you have haemorrhoids (piles) use your haemorrhoid cream to reduce discomfort
- Keep warm
- If you feel nauseated whilst taking the preparation, stop for ½ an hour. Have a hot drink and walk around and if you feel bloated, drink peppermint tea. Resume drinking and continue as before

### Do not:

- Don't miss or skip any steps in the preparation diary
- Don't eat foods listed in the avoid list
- Don't let yourself become dehydrated

## How will you know if you have prepared well?

- Once your bowel preparation is complete your bowel motions will be clear and free of particles, or look like urine
- Please note that a very clean bowel can only be achieved by drinking all of the preparation. If you feel your bowel motion is not clear enough, please contact us:
  - Endoscopy Bookings (07) 3883 7800 - in business hours: 8am to 4pm Monday to Friday
  - Redcliffe Hospital (07) 3883 7777 - out of hours

## Your questions

If you are unsure about anything in this fact sheet, please write down questions for your care team:

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# Low Fibre Diet

Please begin this diet four days before your procedure

We have provided a list of foods to assist you with your **low fibre diet**, which begins four days before your procedure. Eat foods from the **Choose** box.

## BREAD & CEREALS

### **Choose**

- |  |                 |
|--|-----------------|
| ✓ Plain white bread/toast  | ✓ Plain muffins |
| ✓ Plain Cakes & biscuits   | ✓ White rice    |
| ✓ Plain pancakes/pikelets  | ✓ White pasta   |
| ✓ Plain bread rolls  | ✓ Couscous      |
| ✓ Plain croissants   | ✓ Crumpets      |
| ✓ Pita bread   | ✓ Polenta       |
| ✓ Plain bagels   |                 |
| ✓ Refined breakfast cereals: Semolina, Cornflakes, Rice Bubbles etc... |                 |

### **Avoid**

- ☹ Wholemeal, brown and rye Breads (sesame seeds)
- ☹ Wholemeal flour & oatmeal
- ☹ Multi-grain breads & muffins
- ☹ Brown crumpets, muffins with fruit
- ☹ Brown pasta
- ☹ Brown rice
- ☹ Unprocessed bran, rolled oats, Muesli, Porridge
- ☹ Wholegrain cereals e.g., bran cereals, Weetabix, Vita Brits
- ☹ Cakes & biscuits containing nuts, dried fruit, coconut

## FRUIT & VEGETABLES

Skins and seeds must be removed from fruits & vegetables. Vegetables need to be well cooked

### **Choose**

- |  |                   |
|--|-------------------|
| ✓ Peaches, pears, apples                   | ✓ Potato          |
| ✓ Rockmelon, watermelon                    | ✓ Pumpkin         |
| ✓ Pawpaw                                   | ✓ Squash          |
| ✓ Ripe bananas                             | ✓ Avocado         |
| ✓ Canned peaches, apples, apricots & pears | ✓ Cauliflower     |
| ✓ Button mushrooms                         | ✓ Choko           |
|  | ✓ Zucchini/marrow |

### **Avoid**

- ☹ All other fruits and vegetables, including salad vegetables
- ☹ All raw vegetables    ☹ Dried fruit

## MEAT & OTHER PROTEIN FOODS

### **Choose**

- |        |                     |
|--------|---------------------|
| ✓ Beef | ✓ Pork              |
| ✓ Veal | ✓ Poultry (no skin) |
| ✓ Lamb | ✓ Fish & shellfish  |
| ✓ Eggs | ✓ Tofu              |

### **Avoid**

- |               |                  |
|---------------|------------------|
| ☹ Baked Beans | ☹ Rissoles       |
| ☹ Casseroles  | ☹ Stir fry meals |
| ☹ Lentils     | ☹ Nuts & Seeds   |
| ☹ Legumes     | ☹ Pizza          |

## DAIRY PRODUCTS

### **Choose**

- |                            |                   |
|----------------------------|-------------------|
| ✓ Milk                     | ✓ Custard         |
| ✓ Cream or sour cream      | ✓ Ice cream       |
| ✓ Plain or vanilla yoghurt | ✓ Rice pudding    |
| ✓ Cheese processed & plain | ✓ Condensed milk  |
| ✓ Cottage cheese           | ✓ Evaporated milk |
| ✓ Butter / margarine       | ✓ Powdered milk   |

### **Avoid**

- ☹ Dairy products with fruit, seeds, or coconut

## DRINKS

### **Choose**

- |                     |                         |
|---------------------|-------------------------|
| ✓ Water             | ✓ Cordial               |
| ✓ Tea               | ✓ Strained fruit juices |
| ✓ Coffee            | ✓ Clear soups           |
| ✓ Soft drinks       | ✓ Milo or Ovaltine      |
| ✓ Plain milk drinks | ✓ White wine            |

### **Avoid**

- ☹ Unstrained fruit juices
- ☹ Red and green coloured drinks (*can potentially stain the bowel making visualisation difficult*)

## OTHER FOODS

### **Choose**

- |   |                 |
|---|-----------------|
| ✓ Syrup & ice cream topping             | ✓ Plain lollies |
| ✓ Boiled lollies                        | ✓ Honey         |
| ✓ Clear jelly (not red or green)        | ✓ Strained jams |
| ✓ Sugar                                 | ✓ Vegemite      |
| ✓ Gravy                                 | ✓ Mayonnaise    |
| ✓ Salt & pepper                         | ✓ Clear soup    |
| ✓ Dried herbs & spices                  |                 |
| ✓ Chocolate (no fruit / nuts / coconut) |                 |

### **Avoid**

- ☹ Jams with skins and seeds    ☹ Marmalade
- ☹ Chutney & Pickles (seeds in pickles)
- ☹ Peanut butter/paste