

09/12/2024

What you need before to purchase from the pharmacy? Plenvu Bowel Prep Kit.

The success of your examination depends on the bowel being as clear as possible, otherwise the examination may need to be postponed and the preparation repeated.

PLEASE FOLLOW THE BELOW INSTRUCTIONS CAREFULLY

5 DAYS PRIOR	Please stop eating any food with seeds and nuts
2 DAYS PRIOR	Drink 2-2.5 litres of fluid Omit any fibre from your diet. This includes cereals, brown bread, nuts, vegetables and fruit. Also avoid red meat and pork, peanut butter, whole milk products, seeds or pips, green or red coloured cordial or jelly. You may eat fish, chicken (no skin), white rice, pasta, skim milk, boiled eggs, white bread, crackers, honey and vegemite.
1 DAY PRIOR	From the time you wake up you may only drink clear fluids. DO NOT EAT ANY SOLID FOOD OR DAIRY PRODUCTS. You may have: water, tea/coffee without milk, clear soup, clear fruit juice (apple, pear, grape), clear broth/ bouillon, clear salty fluids (strained chicken or vegetable noodle soup), soft drinks, sports drinks (no red or purple colouring) yellow and orange jelly or ice blocks, barley sugar.
EVENING PRIOR (6 PM)	Prepare Plenvu Dose 1 Pour the contents of Dose 1 into a measuring container that can hold 500 mL of fluid. Add water (not chilled) to make up to 500 mL and stir until all the powder has dissolved. This may take up to approximately 8 minutes. DO NOT add any other ingredients to the doses. Drink the 500 mL Plenvu Dose 1 solution slowly over 30 minutes. Try to drink a glassful every 10 to 15 minutes. Drink an additional 500 mL of clear fluid over the next 30 minutes.
DAY OF PROCEDURE (6 AM)	Prepare Plenvu Dose 2 Pour the contents of Dose 2 Sachet A and Dose 2 Sachet B into a measuring container that can hold 500 mL of fluid. Add water (not chilled) to make up to 500 mL and stir until all the powder has dissolved. This may take up to approximately 8 minutes. DO NOT add any other ingredients to the doses. Drink the 500 mL Plenvu Dose 2 solution slowly over 30 minutes. Drink an additional 500 mL of clear fluid over the next 30 minutes.

Make sure you drink plenty of water to avoid dehydration. You must stop drinking all fluids at least 2 hours prior to your procedure.

Please watch this short video:

<https://bit.ly/preparing-for-a-colonoscopy-murdoch>