

“PLENVU - Standard” Bowel Preparation Instructions

PRIOR To Your Procedure:

Purchase at your pharmacy: 1 box of Plenvu.

The Day BEFORE Your Procedure:

Before 9AM: You can have a normal breakfast.

After 9AM: **Do not** consume ANY solid food, milk or milk products. Attempt to drink 3L of water throughout the day and only consume other clear fluids such as clear broth, yellow/orange jelly, clear ice blocks, non-cloudy fruit juice no pulp, fruit flavoured cordial and plain coffee/tea (no milk).

At 6PM: prepare Dose 1 (1 sachet) according to the PLENVU® instructions and drink. Drink a further glass of clear fluid/water (at least 500mls).

The Day OF Your Procedure:

At 7AM: prepare Dose 2 (2 sachets) according to the PLENVU® instructions and drink. Drink a further glass of clear fluid/water (at least 500mls).

Continue to drink only water until 11am or 2 hours prior to arrival (whichever is LATER).

Note: your last bowel motion should be a fluid consistency with no brown material (yellow is acceptable). If not, inform the hospital on arrival to prepare for additional preparation.

If you have any questions following completion of this document, please contact theatremanager@gastrosc.com.au or call on 03 7023 0230 and ask to speak to our practice nurse.

