

BOWEL PREPARATION WITH PLENVU

For a successful colonoscopy the bowel must be clear of any stool (faeces). Inadequate preparation increases the duration and risk of the procedure, limits the views of the bowel lining and hence increases the chance of missing abnormalities. This may result in the colonoscopy (and bowel preparation) being repeated.

Bowel preparation is not pleasant as it results in diarrhoea and is generally inconvenient. Please adhere to the following instruction as best you can. These instructions are more detailed than those provided with the PLENVU packet, and we strongly advise that you adhere to these instructions, as they have been designed to optimise the bowel preparation for colonoscopy.

PLENVU offers a low volume bowel preparation (1 litre total) compared to standard preps such as MOVIPREP (2 litres).

The timing of the bowel preparation depends on when the procedure is to be performed. Please take note whether your colonoscopy is in the morning or afternoon.

STEP 1 - TWO DAYS BEFORE COLONOSCOPY

- Stop eating high fibre foods. A list of foods that are allowed and foods that should be avoided can be found at the end of this document (appendix).
- Stop eating foods with seeds grains, peel or skin

STEP 2 - ONE DAY BEFORE COLONOSCOPY

Commence the White diet:

- Milk (regular, low fat, skim), water, lemonade, soda or mineral water, clear (not coloured) Gatorade or other sports drinks
- Regular white bread/toast, rice bubbles, white rice, regular pasta, potatoes (peeled), rice noodles, plain rice crackers, white flour, sugar
- Eggs, chicken breast (no skin), white fish fillet (no skin)
- Plain cream cheese, cheddar cheese, ricotta, fetta, cottage, parmesan or mozzarella cheese, white sauce
- White coloured yoghurt (no added fruit or inulin), mayonnaise, cream, sour cream, butter and margarine, oil for cooking
- White chocolate, vanilla ice cream, lemonade icy-pole, clear jelly, custard, "milk bottles"(confectionery)

AVOID HIGH FIBRE WHITE FOODS: e.g. cauliflower, onion, parsnips, pears, couscous, high fibre white bread, popcorn, banana, porridge, and coconut

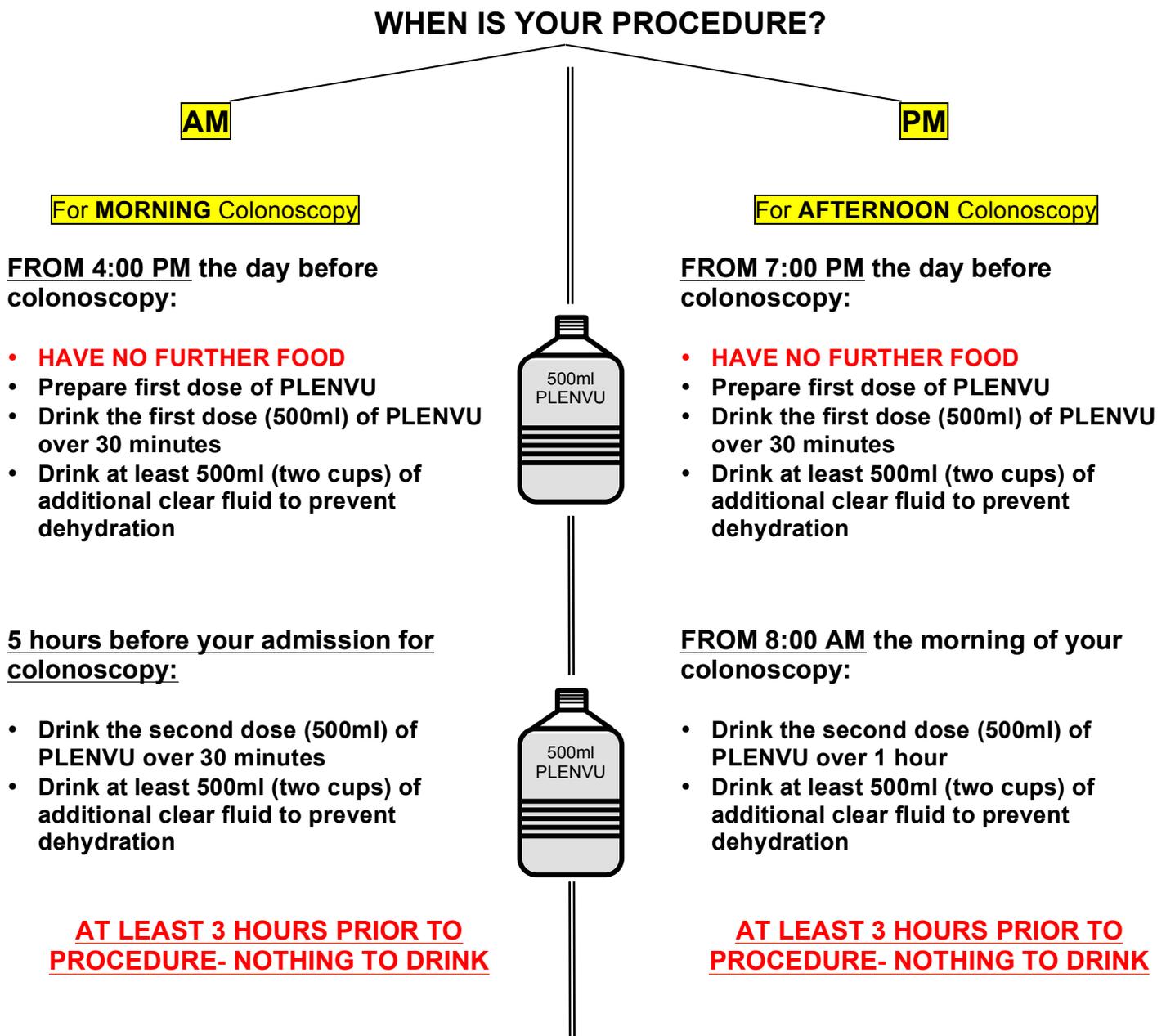
STEP 3 - THE AFTERNOON BEFORE COLONOSCOPY

- PLENVU comes as a powder for reconstitution to form two doses of bowel preparation solution. Dose 1 is made up from 1 sachet that makes a mango-flavoured solution and Dose 2 comprises 2 sachets that make up a fruit punch flavoured solution.
- You need both doses for adequate bowel preparation
- Prepare the 1st Dose of PLENVU solution by mixing sachet 1 with 500ml of water. The solution may be kept in the fridge (out of reach of children) for up to 12 hours.

- We use a “SPLIT” preparation for morning and afternoon procedures whereby the two doses are consumed on separate days. This has proven efficacy, increased detection of abnormalities and improved tolerability. The exact timing for taking PLENVU will depend on when the procedure is scheduled (see below).
- The bowel preparation is not a substitute for normal fluid intake. Dehydration can occur and it is very important that other clear fluids are also taken during the period of bowel preparation. At least a further 500ml (2 cups) of these clear fluids must be consumed for each 500ml of reconstituted PLENVU solution.

STEP 4 - TAKING THE BOWEL PREPARATION SOLUTION

- Please look at the following chart to determine the timing of bowel preparation
- The timing of taking the preparation depends on when your procedure is scheduled.



STEP 5 - AFTER THE BOWEL PREPARATION

- Please note the times above for the onset of **FASTING**. This is important, as your stomach must be empty at the time of colonoscopy. In addition, have **NOTHING TO DRINK FOR AT LEAST 3 hours** before the procedure. Occasionally, if you are suspected of having slow gastric emptying the period of **NIL BY MOUTH** may be extended to 6 hours before the procedure.
- For further information regarding colonoscopy please see the additional patient information sheet.

Side-effects

Everybody responds differently to PLENVU. We advise you remain within easy reach of a toilet as the urge to open your bowels may be sudden. The effects of PLENVU may start working within 30 minutes but sometimes takes much longer. The effects will last up to six hours or sometimes more. You may feel nauseated or sick, feel tired, and have abdominal bloating or cramps. Very occasionally PLENVU will cause an allergic reaction, with or without a rash. The lack of solid food in combination with the laxative can trigger nausea and dehydration. We suggest you drink as much clear fluid as you can to help prevent this.

APPENDIX

LOW FIBRE DIET

Low fibre foods which are allowed	High fibre foods which should be avoided
Eggs, white meat such as chicken (skinless), grilled or poached fish (no skin), cheese, tofu	Breakfast cereals
White bread/toast/butter/margarine, croissants, (white) pasta, rice, boiled or mashed potatoes (skins removed)	Bacon, sausages, black pudding, red meat and pies
Water, fizzy drinks, fruit squash (NOT blackcurrant, redcurrant)	Fruit
Tea, coffee, clear soups	Nuts and pulses including baked beans
Ice cream, custard, boiled sweets	Any vegetables, fruit or salad
Marmalade (without peel)	Wholemeal or brown bread, puddings containing fruit or nuts, cakes and biscuits
Yoghurts	Potato skins or chips, wholemeal pasta, brown

WHITE DIET SAMPLE MENU PLAN

Breakfast:	Glass of Milk (regular, low fat, skim) Rice bubbles with milk and white sugar Scrambled eggs and regular white toast
Morning Tea:	Glass of Mineral water Plain rice crackers with cheese
Lunch:	Glass of lemonade White bread sandwich with sliced chicken breast, cream cheese or mayonnaise A white chocolate Freddo Frog or Lemonade icy-pole
Afternoon Tea:	Plain vanilla yoghurt Vanilla milkshake
Dinner:	White fish fillet with white rice or mashed potato or Regular pasta with diced chicken breast and Parmesan cheese or Chicken soup (clear chicken broth/stock) with rice noodles and sliced chicken breast Glass of soda water Vanilla ice cream

TIPS WHEN MAKING PLENVU

Reconstitution of PLENVU in water may take up to 5 minutes and is best performed by adding the powder to the mixing vessel first followed by the water. The patient should wait until all the powder has dissolved before drinking the solution.

After reconstitution, the PLENVU® solution may be used immediately or if preferred may be cooled before use. The reconstituted solution should be used within 12 hours.

Making the preparation more palatable:

- Chill the solution
- drink solution through a straw
- suck on lemon slices
- suck on sugar-free menthol sweets

MAKING UP AND TAKING PLENVU

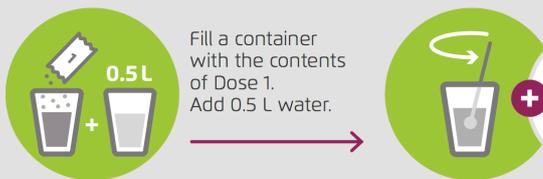
Preparation of PLENVU®

Pack contents



One pack of PLENVU® contains 3 sachets: one sachet of Dose 1 and two sachets of Dose 2 (sachet A+B).

Preparation of Dose 1

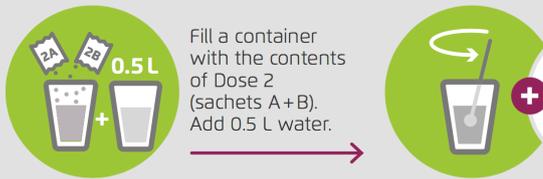


Fill a container with the contents of Dose 1. Add 0.5 L water.

also add 0.5 L clear liquid

Mix the entire contents until the liquid is almost clear (this may take a few minutes).

Preparation of Dose 2



Fill a container with the contents of Dose 2 (sachets A+B). Add 0.5 L water.

also add 0.5 L clear liquid

Mix the entire contents until the liquid is almost clear (this may take a few minutes).

Suggestion: Drink PLENVU® chilled with or without a straw.
At least one hour should elapse after taking the second dose until the examination begins to achieve a complete bowel cleanse.

Taking PLENVU®

Dose 1



time

+

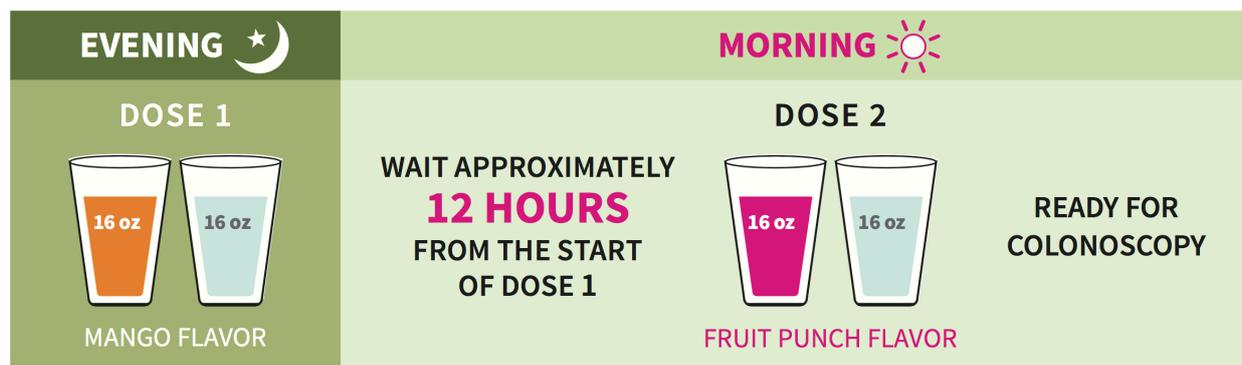
Dose 2 (sachets A+B)



time

The additional intake of at least 2 x 0.5 L clear liquid which may be freely selected by the patient is required

- Slowly drink the prepared PLENVU® doses within 30 minutes.
- Drink at least 0.5 L clear liquid in the 30 minutes after taking PLENVU®.
- The intake of any fluid should be completed no later than 2 hours prior to the examination.
- Stay within easy reach of an unoccupied toilet while taking the preparation.



CLEAR FLUIDS

Clear fluids include:

- Water
- Clear soups (consommé),
- Tea or coffee without milk or creamer,
- All of the following liquids, which are not coloured red or purple: fruit juices without pulp, carbonated and non-carbonated soft drinks, fruit flavoured cordials.

Note: please do not drink beverages that are coloured red or purple.