

ONE WEEK BEFORE COLONOSCOPY

- ☐ 1. Buy **one box of Movicol** and **one box of Plenvu** (Contents: 3 packets – DOSE 1, Sachets A and B) from your local pharmacy (prescriptions not required)
- ☐ 2. Medication Modifications:
 - **Stop** taking iron tablets, Imodium/Lomotil/Gastrostop
 - **Inform your nurse or doctor if:**
 - **You take blood thinning agents** such as: Warfarin, Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban), Brilinta (Ticagrelor), Plavix, Iscover or Piax (Clopidogrel).
 - You take **medicine for Diabetes**.
 - If you are taking **weight loss medications** such as Ozempic or Mounjaro.
 - If you are on regular laxatives, **please continue with this medicine.**
- ☐ 3. One week before your colonoscopy, commence on **Movicol 1 sachet twice a day**

THREE DAYS BEFORE COLONOSCOPY

MODIFY YOUR DIET:

- ☐ **Avoid** the following foods, which have high fibre content such as:
 - Wholegrain and wholemeal breads and cereals
 - Nuts, seeds & legumes
 - Raw and dried fruits
 - Salad
 - All cooked vegetables and fatty foods.
- Safe** sample meals may include:
 - White bread or toast
 - Strained soup
 - Cheese, ham, egg, tuna, chicken, lean meat, fish, potato, white rice, pumpkin and ice cream

ONE DAY BEFORE COLONOSCOPY

- ☐ **CLEANSE YOUR BOWEL WITH Plenvu**
 - Follow the Plenvu preparation instructions
 - Take first sachet a **5pm**. Add sachet to 1L of warm water and stir until dissolved. Chill for half an hour before drinking.
 - Take the second sachet at 7am on the day of your procedure.
- ☐ **NO SOLIDS/FOOD CAN BE TAKEN ON THIS DAY**
 - Drink only approved clear fluids (water, strained soup, clear chicken broth, fruit juice, jelly, black tea and coffee (**NO MILK or DAIRY products**), sports drinks, carbonated beverages, oral rehydration salts e.g. Hydrolyte and ORS. Drink at least 10 glasses of clear fluids to maintain hydration.

DAY OF COLONOSCOPY

- ☐ **COMPLETE YOUR PREP** You will have taken your **second sachet** of Plenvu Bowel Prep **at 7am**.
- ☐ **BE NIL BY MOUTH** Do not eat any food and do not drink any liquids **after 10am**