



## 1 WEEK before colonoscopy

Tasks	Status
Purchase from local pharmacy (prescription not required): <ul style="list-style-type: none"> <li>1x box of Movicol</li> <li>1x box of Plenvu</li> </ul> (The box of Plenvu should contain 3x sachets: Dose 1, dose 2a and dose 2b)	<input type="checkbox"/>
One week before your colonoscopy take 1x Movicol sachet, twice a day	<input type="checkbox"/>
Medication modifications:	
<b>Stop</b> taking iron tablets, Imodium /Lomotil/ Gastrostop	<input type="checkbox"/>
<b>Inform your nurse or doctor if:</b> <ul style="list-style-type: none"> <li>You take blood thinning agents such as: Warfarin, Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban), Brilinta (Ticagrelor), Plavix, Iscover or Piax (Clopidogrel).</li> <li>You take medicine for Diabetes.</li> <li>If you are taking weight loss medications such as Ozempic or Mounjaro.</li> </ul>	<input type="checkbox"/>
If you are on regular laxatives, <b>continue with this medicine.</b>	<input type="checkbox"/>



## 3 days before colonoscopy

Tasks	Status
<ul style="list-style-type: none"> <li>Modify your diet</li> </ul>	<input type="checkbox"/>
<b>Avoid</b> foods which have high fibre content such as: <ul style="list-style-type: none"> <li>Wholegrain and wholemeal breads and cereals</li> <li>Nuts, seeds &amp; legumes</li> <li>Raw and dried fruits</li> <li>Salad</li> <li>All cooked vegetables and fatty foods.</li> </ul>	
<b>SAFE MEALS</b> include fibre free foods and a "low residue diet". Examples include: <ul style="list-style-type: none"> <li>English muffins, croissant, French toast, plain white bread, white toast, panini, Cornflakes, Rice Bubbles, white flour, white pasta, white rice</li> <li>Lean meats including beef, pork, lamb, veal, fish, poultry, eggs, bacon, meat curries (no onion), ham, tuna, tofu, meat substitutes</li> </ul>	

- Clear strained pulp-free fruit juice (clear apple, clear pear), strained vegetable juice
- Plain yoghurt, cheese, white sauces, sour cream, butter, margarine, oil, mayonnaise, vanilla ice cream, meringue, custard
- Mashed or well cooked potato and pumpkin without skin
- Canned or stewed fruit without skin
- Strained soup
- Include at least 6 - 8 glasses of fluid per day



## 1 day before colonoscopy

Tasks	Status
<p><b>CLEANSE YOUR BOWEL WITH Plenvu</b></p> <ul style="list-style-type: none"> <li>● Follow the Plenvu preparation instructions</li> <li>● Take sachet labelled <b>Dose 1, at 5pm.</b></li> <li>● Add Dose 1 sachet to 1L of warm water and stir until dissolved. Chill for half an hour before drinking.</li> </ul>	<input type="checkbox"/>
<p><b><u>NO SOLIDS/FOOD CAN BE TAKEN ON THIS DAY</u></b></p> <ul style="list-style-type: none"> <li>● Drink only approved clear fluids including: <ul style="list-style-type: none"> <li>○ Water, strained soup, clear chicken broth, fruit juice, jelly, sports drinks, carbonated beverages, oral rehydration salts (e.g. Hydrolyte and ORS), black tea and coffee (<b>NO MILK or DAIRY products</b>),</li> </ul> </li> <li>● Drink at least 10 glasses of clear fluids to maintain hydration.</li> </ul>	<input type="checkbox"/>



## Day of colonoscopy

Tasks	Status
<p><b>COMPLETE YOUR PREP</b></p> <ul style="list-style-type: none"> <li>● Follow the Plenvu preparation instructions</li> <li>● Combine <b>dose 2a and 2b</b> sachets of Plenvu Bowel Prep at <b>7am.</b></li> </ul>	<input type="checkbox"/>
<p><b><u>BE NIL BY MOUTH</u> Do not eat any food and do not drink any liquids after 10am</b></p>	<input type="checkbox"/>