



1 WEEK before colonoscopy

Tasks	Status
Purchase from local pharmacy (prescription not required): 1x box of Movicol 1x box of Plenvu (The box of Plenvu should contain 3x sachets: Dose 1, dose 2a and dose 2b)	☐
One week before your colonoscopy take 1x Movicol sachet, twice a day	☐
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, continue with this medicine.	☐



3 days before colonoscopy

Tasks	Status
Modify your diet	☐
Avoid 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 MEALS include fibre free foods and a “low residue diet”. Examples include: - English muffins, croissant, French toast, plain white bread, white toast, panini, Cornflakes, Rice Bubbles, white flour, white pasta, white rice - Lean meats including beef, pork, lamb, veal, fish, poultry, eggs, bacon, meat curries (no onion), ham, tuna, tofu, meat substitutes	

- 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
CLEANSE YOUR BOWEL WITH Plenvu ● Follow the Plenvu preparation instructions ● Take sachet labelled Dose 1, at 5pm. ● Add Dose 1 sachet to 1L of warm water and stir until dissolved. Chill for half an hour before drinking.	☐
<u>NO SOLIDS/FOOD CAN BE TAKEN ON THIS DAY</u> ● Drink only approved clear fluids including: ○ 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 (NO MILK or DAIRY products), ● Drink at least 10 glasses of clear fluids to maintain hydration.	☐



Day of colonoscopy

Tasks	Status
COMPLETE YOUR PREP ● Follow the Plenvu preparation instructions ● Combine dose 2a and 2b sachets of Plenvu Bowel Prep at 4am.	☐
<u>BE NIL BY MOUTH Do not eat any food and do not drink any liquids after 7am</u>	☐