



1 WEEK before colonoscopy

Tasks	Status
Purchase from local pharmacy (prescription not required): <ul style="list-style-type: none"> 1x box of Movicol 1x box of Plenvu (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:	
Stop taking iron tablets, Imodium /Lomotil/ Gastrostop	<input type="checkbox"/>
Inform your nurse or doctor if: <ul style="list-style-type: none"> 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. 	<input type="checkbox"/>
If you are on regular laxatives, continue with this medicine.	<input type="checkbox"/>



3 days before colonoscopy

Tasks	Status
<ul style="list-style-type: none"> Modify your diet 	<input type="checkbox"/>
Avoid foods which have high fibre content such as: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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
<p>CLEANSE YOUR BOWEL WITH Plenvu</p> <ul style="list-style-type: none"> ● 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. 	<input type="checkbox"/>
<p><u>NO SOLIDS/FOOD CAN BE TAKEN ON THIS DAY</u></p> <ul style="list-style-type: none"> ● Drink only approved clear fluids including: <ul style="list-style-type: none"> ○ 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. 	<input type="checkbox"/>



Day of colonoscopy

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



Post colonoscopy: contact rooms 1 week post colonoscopy to schedule follow-up