

Patient Information

How to prepare for your colonoscopy using Plenvu preparation (Evening appointment)

Introduction

Colonoscopy - the inspection of the large bowel (colon) using a flexible camera (colonoscope).

This leaflet tells you how to prepare for your colonoscopy using bowel preparation laxatives. The laxatives will work together to cleanse your bowel.

What is the bowel preparation?

Plenvu is a strong bowel cleanser which comes in 2 doses. Dose1 is a sachet of white powder and dose 2 is sachets A and B of white powder. To use it the powder must be dissolved in a jug of water.

Why do I need bowel preparation?

The colonoscopy looks at the inside of the large bowel. To have a successful examination, the bowel must be empty and clean. If the bowel is not empty and clean, it is not possible to see it clearly and this could mean the test needing to be repeated.

Before taking Plenvu

Contact the Endoscopy department (0191 7371089) if you answer yes to any of the health questions and they were not discussed at your pre-assessment appointment.

- Are you allergic to any of the ingredients listed on the packets?
- Are you taking any of the following tablets?; **Warfarin, Acenocoumarol, Phenindione, Dabigitran, Apixaban, Rivaroxaban, Clopidogrel, Prasugrel, Ticagrelor**
- Are you a diabetic on insulin or tablets?
- Do you suffer from any kidney disease?
- Do you suffer from Phenylketonuria?

What can I expect of bowel preparation?

The bowel preparation can begin to work within one to two hours of taking it. You will open your bowels frequently and eventually your motions should change from soft to loose and watery.

Stay close to a toilet all day as you will use it regularly.

You may experience some abdominal cramp – this is normal in some people.

The skin around your bottom can become red and sore due to frequent diarrhoea. A barrier cream such as Vaseline or nappy rash preparations can protect the skin. The soreness is temporary and will disappear in a few days.

Are there any side effects from bowel preparation?

You may experience headaches, nausea and sometimes vomiting. Abdominal bloating can occur and, less frequently, abdominal cramps. If you feel bloated or get stomach cramps, try taking the Plenvu more slowly.

Rarely people are allergic to Plenvu, you may get itchy skin (like nettle rash or hives).

When do I start to prepare for my colonoscopy?

Seven days before your appointment

- Stop taking iron tablets – Iron makes inside your bowel black, this makes it difficult to see everything.

Four days before your appointment

- Stop taking any medication that may cause you to be constipated, for example; Lomotil, Loperamide, Codeine Phosphate or Dihydrocodeine.

Special Instruction

Take all other medications as normal.

Diet list – to be started three days before your procedure

Stop taking Fybogel or any other fibre products – The fibre content of these products will work against the special diet you are about to start.

Start your special diet at breakfast – Eat from the foods on the diet list unless you are allergic to or have been advised to avoid certain foods.

Do not eat any foods or have any drinks that are not on this diet list.

No milk in any form

Diet list

Meat: lean meat for example; chicken, turkey, beef, ham and rabbit

Fish: white fish only (do not fry)

Eggs: boiled, poached or scrambled – no milk to be used

Vegetables: no vegetables other than potatoes boiled or mashed only – no milk to be used

Cereals: white rice and pasta, boiled only – no whole meal varieties

Bread: white bread and white bread rolls only

Fats: a daily allowance of 25g (1oz) butter or margarine

Other: plain jelly, rich tea biscuits, honey, golden syrup, white sugar, artificial sweeteners, boiled sweets and salt

Drinks: black tea or coffee, sugar free fruit squash (not real fruit juice), marmite, oxo, Bovril, soda water, water, flavoured water, herbal/fruit teas

One day before your appointment

You are advised not to go to work on this day. You should expect frequent bowel motions within three hours of starting your bowel preparation. Some abdominal cramping is normal, stay within easy reach of the toilet. However if you experience severe abdominal cramping stop taking the bowel preparation and contact the endoscopy department.

Continue your diet from the diet sheet

If you take any oral medication please ensure you take it at least one and a half to two hours before starting your Plenvu otherwise it will be flushed out of the system before it has had a chance to work.

You may have a light meal before you start taking Plenvu (This will be your last meal, no more solid food to be taken until after your examination)

At 4pm take 6 senna tablets with a glass of water

Do not eat anything after 7 pm

At 8pm take dose 1 of Plenvu. Pour the contents of the dose 1 sachet into a jug. Add 500ml of water to the powder and stir until the powder is completely dissolved and the solution is clear. Add cordial to taste if required (not blackcurrant).

Sip the Plenvu slowly over 30 minutes until you have drunk it all.

It is important that you drink an additional 500mls (one pint) of clear fluid over a further 30 minutes this is part of your bowel preparation.

What do I do on the morning of the colonoscopy?

Remember you are not allowed to eat anything until after your test.

At 10 am take dose 2 (sachets A and B) of Plenvu. Pour the contents of sachet A and B into a jug. Add 500ml of water to the powder and stir until the powder is completely dissolved and the solution is clear. Add cordial to taste if required (not blackcurrant).

Sip the Plenvu slowly over 30 minutes until you have drunk it all.

It is important that you drink an additional 500mls (one pint) of clear fluid over a further 30 minutes this is part of your bowel preparation.

You should be starting to have watery bowel motions, stay near a toilet.

You have now taken 2 doses of Plenvu. When you next go to the toilet look to see if there are any solid bits in your bowel motion.

You may continue to take all your medications as advised.

You are allowed to drink clear fluids (black tea, black coffee, water and soft drinks, you can add sugar but **no milk. No alcohol**) until two hours before your appointment. You may

receive sedation during your colonoscopy examination, it is therefore important that you **stop drinking two hours before your appointment.**

Attend the Endoscopy Unit at your appointment time.

Please inform the nursing staff on arrival if you are not passing clear liquid as you may require an enema prior to your examination.

If you require any further advice or information regarding your bowel preparation contact:

TSS 0191 737 1089 or 0191 737 1070

Monday to Friday (9.00am to 5pm)

Data Protection

Any personal information is kept confidential. There may be occasions where your information needs to be shared with other care professionals to ensure you receive the best care possible. In order to assist us to improve the services available, your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews and Statistics.

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