

COLONOSCOPY

Preparation with PLENUVU

(to be purchased from the chemist, no prescription required. 1 large sachet (FIRST DOSE) and 2 small sachets(SECOND DOSE))

Medications

- If you are taking ORAL CONTRACEPTIVES, continue taking these as well as using added protection (condoms or other barrier device) for 14 days following the colonoscopy
- If you are DIABETIC, please call Dr Reid for further instructions.
- If you are ALLERGIC TO MANGOES please call us for further instructions
- **Two days before the procedure start the 'WHITE DIET' & DRINK PLENTY OF CLEAR FLUIDS (3 LITRES).**

PERMITTED

White bread (or toast), white rice and pasta
Rice noodles, rice crackers
Mayonnaise, cream, sour cream
Eggs (poached, boiled or omelette), rice bubbles
Chicken Breast (no skin) white fish fillet (no skin)
(baked, grilled or poached)
Well mashed peeled potato/pumpkin
Tea, coffee, skim milk, margarine, vanilla icecream
Lemon jelly, plain yoghurt, white chocolate
Barley sugar/Yellow jubes if needed

NOT PERMITTED

Wholegrain/wholemeal products
Muesli/bran etc
Red meat, Cheese
Any fruit or vegetable
Seeds, nuts, jam
All fibre supplements
Anything with red or purple colouring

MORNING PROCEDURE (before 1.00pm)

DAY BEFORE THE TEST

1. Continue the 'WHITE DIET' until 5pm. Drink plenty of the following clear fluids ALL DAY:
Water, black coffee or tea, clear fruit juice (apple), diabetic cordial, clear soup. No solid foods or milk products are allowed after 5pm.
2. **6:00pm** Drink the FIRST DOSE (1 large sachet) of PLENUVU mixed with 500ml (2 cups) of water, finishing within one hour.
DRINK AT LEAST 500ml of ADDITIONAL CLEAR FLUIDS.

DAY OF THE TEST

1. **4:00am** Drink the SECOND DOSE (2 small sachets) of PLENUVU mixed together with 500ml (2 cups) of water, finishing by 5:30am.
DRINK AT LEAST 500ml of ADDITIONAL CLEAR FLUIDS.
2. Take regular medications (except diabetic medications) with a sip of water.
3. **6:00am** FAST - Other than medicines, you should have NOTHING to eat or drink on the day of the test.
You must be totally fasted

AFTERNOON PROCEDURE (after 1.00pm)

DAY BEFORE THE TEST

1. Continue the 'WHITE DIET' until 5pm. Drink plenty of the following clear fluids ALL DAY:
Water, black coffee or tea, clear fruit juice (apple), diabetic cordial, clear soup. No solid foods or milk products are allowed after 5pm.
2. **6.00pm** Drink the FIRST DOSE(1 large sachet) of PLENUVU mixed with 500ml (2 cups) of water, finishing within one hour.
DRINK AT LEAST 500ml OF ADDITIONAL CLEAR FLUIDS.

DAY OF THE TEST

1. **7:00am** Drink the SECOND DOSE (2 small sachets) of PLENUVU mixed together with 500ml (2cups) of water, finishing by 8:00am.
DRINK AT LEAST 500ml OF ADDITIONAL CLEAR FLUIDS.
2. Take regular medications (except diabetic medications) with a sip of water.
3. **11:00am** FAST - Other than medicines, you should have NOTHING to eat or drink on the day of the test.
You must be totally fasted

Dr Fiona Reid

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