

HOW TO TAKE BOWEL PREP – PLENVU MORNING APPOINTMENT

Information for patients, relatives and carers

You have been prescribed Plenvu and given a dietary instruction sheet to help empty your bowel before your colonoscopy. It is important that you read this information carefully, that way you will get the best possible preparation for your colon examination.

WE CANNOT SEE YOUR BOWEL IF THERE IS STILL FOOD AND POO IN IT.






The Plenvu preparation we have sent to you, is not a particularly nice flavour. However, it is proven to be one of the safest and most effective ways of cleaning your bowel. The first dose is slightly easier to drink than the second dose. This is because the second dose has the addition of ascorbate which tastes very salty and bitter. However, it is extremely important to take both doses to achieve success so we can look at your bowel.

1. **You must stop eating the day before your procedure.** Do not eat again until after your appointment. Your bowel must be completely empty even if you feel hungry.
2. If you are thirsty, you can drink **clear still liquids** (not fizzy or blackcurrant) or black coffee or tea (no milk). Please keep drinking so you do not become dehydrated.
3. **Stop drinking any fluids 2 hours before your appointment.**
4. **If you are also having a gastroscopy, you must stop drinking other liquids 6 hours before your test.**
5. Once you start drinking Plenvu, you will experience frequent bowel movements and diarrhoea. This is expected. Some people also experience mild tummy cramps.
6. If you feel sick, vomit, or experience intense tummy pain after taking Moviprep, please call the endoscopy department using the contact numbers on the back of this leaflet and ask to speak to a nurse.

Please follow the instructions in the tables below for how to take Plenvu for a morning appointment:

You must drink plenty of clear fluids when thirsty to help the preparation and prevent you becoming dehydrated.

Please note, only half of the prep is to be taken the day before the procedure. The rest of the prep must be taken the morning of the procedure as outlined below.

DAY BEFORE TEST		
0800 day before test	➔	<p>NO SOLID FOOD ALLOWED</p> <p>Drink plenty of fluids from the allowed liquids list to stay hydrated Tick the diagrams as you go through the glasses</p> 
1700-1800	➔	<p>Dissolve 1 sachet of <u>Plenvu</u> in 500ml of water and drink ALL of it within 1 hour</p> 
1800 - 0500	➔	<p>Continue to drink from the allowed liquids list You may have clear soup or Bovril only for dinner, no solid food Once your bowel movements have settled, you may go to bed</p> 
DAY OF TEST		
0500-0600	➔	<p>Dissolve 1 sachet of <u>Plenvu</u> in 500ml of water and drink ALL of it within 1 hour</p> 
0600 – 2 hours before appointment	➔	<p>You may continue drinking clear liquids only UNTIL 2 HOURS before your appointment</p> 

If you are also having a gastroscopy, you must stop drinking other liquids 6 hours before your test.

LOW FIBRE DIET BEFORE UNDERGOING A COLONOSCOPY

Poor bowel preparation is the most common reason that a colonoscopy or flexible sigmoidoscopy fails and it is therefore vital that you follow the instruction in this leaflet, so the clinician can see your bowel properly to diagnose or treat your condition.

This leaflet describes a low fibre diet for patients who need to take bowel preparations prior to a colonoscopy or flexible sigmoidoscopy.

What is a low fibre diet?

A low fibre diet is made up of foods that are easily digested and absorbed, leaving a minimal residue in the bowel. Residue refers to foods that are not easily digested and absorbed by the body and remains in the gut.

When to start your low fibre diet ?

You will be provided with a prescription of bowel preparation medication to take before your colonoscopy.


You should start the low fibre diet 3 days before your test.

You must stop eating all solid food from the morning before your procedure.

The following table of foods on the next page will help you to make low fibre choices in your diet.




Low fibre diet

Food Type	Foods to include	Foods to avoid
Bread and cereals	<p>White flour and baked products made with white flour such as white bread and toast, crumpets, pastry, chapatti, poppadum's, white pitta, white naan</p> <p>White pasta, spaghetti, macaroni, noodles</p> <p>White rice, couscous, tapioca, sago, cornflour</p> <p>Rice Krispies, Corn flakes</p> <p>Plain white crispbreads and crackers</p>	<p>Wholemeal, brown, granary, bran and soya flours and breads Foods made with these flours High fibre white breads</p> <p>Wholemeal pasta, Cold pasta</p> <p>Brown rice, cold rice</p> <p>Wholegrain breakfast cereals e.g. Weetabix, All-Bran, porridge, muesli and any cereal with added nuts or fruit</p> <p>Rye and whole grain crispbreads or crackers Oatcakes Cereal bars</p>
Meat, Fish and Alternatives	<p>All types</p>	<p>Meat and fish products made with wholemeal pastry or breadcrumbs</p>
Dairy Products 	<p>Milk - all types Cheese - all types Yoghurts - natural or fruit flavoured Cream Eggs, Fromage Frais</p>	<p>Cheese or yogurt with added nuts, fruit or cereals</p>



Low fibre diet - continued

Food Type	Foods to include	Foods to avoid
Fats and Oils	Butter Margarine Cooking and salad oils	
Fruit 	Soft and ripe fresh/tinned/stewed fruit without skins and seeds Stewed apples Melon (without skins and seeds) tinned peaches, fruit cocktail, pears ripe banana	Dried fruit Banana chips Berries e.g Blackberries, Strawberries, Raspberries, currants Citrus fruit e.g orange, lemon Dates Figs Gooseberries Prunes Coconut
Vegetables	Peeled , well cooked vegetables no stalks e.g. carrots, parsnips, swede, broccoli, cauliflower (florets only). Potatoes without skins Tomato puree, passata (no skins or seeds)	All vegetable stalks, skins, seeds and peel Raw vegetables, salads and all other vegetables not listed, including cabbage, curly kale, celery, cucumber, fennel, leeks, okra, peppers, peas, pumpkin, mature spinach, sprouts, sweetcorn, yam, cassava Pulses such as baked beans, butter beans, kidney beans, chickpeas and lentils
Deserts/sweet snacks	Plain biscuits, e.g. Rich Tea, Morning Coffee, Marie, shortbread, custard creams, malted milk Plain cake e.g. Victoria sponge, madeira	Wholemeal biscuits e.g. Digestives, flapjacks, hob-nobs Biscuits containing nuts or dried fruit, e.g. Fig rolls Cakes puddings or pie with added fruits or nuts, or wholemeal flour

	Jelly, ice cream, custard	Ice cream containing fruit/nuts, dried coconut All nuts and seeds Popcorn Marmalade with peel
Drinks	Tea, Coffee, milk, lemonade, soft drinks/cordial, Smooth fruit and vegetable juices	No red or purple-coloured drinks e.g blackcurrant Fruit juice with bits
Clear fluids to drink once stating to take bowel preparation	Coffee or tea black Fruit juice Water Orange or lemon squash	No red or purple-coloured drinks e.g blackcurrant

It is very important to remember that from the morning before your procedure, **YOU MUST NOT EAT ANY MORE UNTIL AFTER YOUR TEST IN ENDOSCOPY** and only drink from the allowed clear fluids section.

If you have any questions about the information given above please contact one of the following teams:

RGH Endoscopy department: **01633 238706**

YYF Endoscopy department: **01443 802380**

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