



## Bowel preparation with PLENVU®

For colonoscopy, it is essential that your bowel is completely clean. Grains, seeds, and fibers can clog the endoscope and may require the examination to be stopped.

If you require **anticoagulants, diabetes medication/insulin, or antiepileptic drugs**, please talk to your family doctor or with us to determine the correct dosage or withdrawal (**at least 1 week before**).

Drink the two doses of Plenvu® as described below, with a **minimum interval of 8 hours!**

If you **tend to constipation**, start taking 2 sachets of Movicol® daily **five days before** the colonoscopy.

If you tend to experience rapid nausea, take an anti-nausea medication (e.g. Motilium®) 30 minutes before the laxative therapy.

### ***From 3 days before the examination***

Avoid foods that are rich in fiber or contain seeds.

**Allowed:** white bread, chicken, meat, fish, dairy products, eggs, mashed potatoes, rice, pasta.

**Not allowed:** Whole grain bread, cereal, grapes, tomatoes, psyllium, nuts, mushrooms, asparagus, raw vegetables, salads, figs, wild rice. All of these foods contain seeds or fibers that are hard to digest so they may remain in the intestine for a prolonged time.

### ***1 day before the examination***

Have a **small breakfast before 8 am**, for example, a **small** piece of white bread with butter, honey, and seedless jam; coffee, tea. Take your usual medications (discuss anticoagulants and diabetes medications/insulin dosage with your doctor beforehand, see above!). Do not eat muesli, whole grain bread, fruit, or vegetables. **Do no longer eat anything after 8 am.**

**From 12 pm** onwards, until the end of the examination, do **not consume large amounts of sugary or pigment-containing drinks** (cola, beer, red wine, etc.). Drink only flat mineral water or tea - without milk (a small amount of sugar is allowed), and one cup of clear broth is allowed (but it must be strained through a milk **sieve!**).

**From 4 to 6 pm:** Fill half a liter of water into a container and add the contents of the **first dose of PLENVU®**. Stir the liquid thoroughly (until nearly clear, usually at least 8 minutes of stirring). Refrigerate the liquid. The following measures can help prevent bad taste or nausea:

- Preferably drink the liquid cold, as the taste will be less intense
- Possibly drink some warm tea beforehand (to "warm up" the stomach)
- Do not drink too quickly: **sip slowly over ½-1 hour** (drinking too quickly can lead to nausea)
- To "neutralize" the taste, you can drink a few sips of tea (e.g. peppermint tea), use chewing gums, candies or lemon/orange slices, or add some lemon juice to the liquid.

Afterwards, **drink at least half a liter of tea or flat mineral water.**

### ***On the day of the examination***

Repeat the procedure with the **second dose of PLENVU®** **no later than 4 hours before the examination** and **at least 8 hours after the first dose** (slowly and sip by sip) and **drink at least half a liter of clear liquid** (e.g., peppermint tea) afterwards. The feces should become liquid and yellowish after this cleansing. Do **not drink anything for the last 2 hours before the examination!**

On the morning of the examination, do not take your regular medications (blood pressure medications, cholesterol-lowering drugs, diabetes tablets, etc.), unless instructed otherwise by your doctor.

### ***After the examination***

Arrange for transportation for your getting home. On the day of the procedure, you are considered legally incapable and are not allowed to drive a car or operate machinery.