

Preparation for Colonoscopy with Macrogol and PLEINVUE®

Stool can obscure the intestinal wall, making it less visible. For this procedure, it is essential that your bowels are completely empty and clean. Therefore, you must follow a specific diet and take the laxatives Macrogol and PLEINVUE®.

- You start taking Macrogol six days before the procedure.
- You begin the diet three days before the procedure.
- You start using PLEINVUE® one day before the procedure.

Six days before the procedure

Start taking the laxative Macrogol. Take three sachets per day. Dissolve one sachet of Macrogol in a glass of water. Important: If you experience diarrhea, reduce the intake to one sachet per day instead of three.

8:00 AM	Take Macrogol sachet 1
12:00 PM	Take Macrogol sachet 2
5:00 PM	Take Macrogol sachet 3

Five days before the procedure

8:00 AM	Take Macrogol sachet 1
12:00 PM	Take Macrogol sachet 2
5:00 PM	Take Macrogol sachet 3

Four days before the procedure

8:00 AM	Take Macrogol sachet 1
12:00 PM	Take Macrogol sachet 2
5:00 PM	Take Macrogol sachet 3

Three days before the procedure

Start following a low-fiber diet. Fiber can interfere with the visibility of the intestines, making the procedure difficult to perform. Refer to the dietary guide for a list of foods and drinks you can and cannot consume in the three days leading up to the procedure. Continue taking Macrogol as directed.

8:00 AM	Take Macrogol sachet 1
12:00 PM	Take Macrogol sachet 2
5:00 PM	Take Macrogol sachet 3

Two days before the procedure

Continue the low-fiber diet as instructed.

8:00 AM	Take Macrogol sachet 1
12:00 PM	Take Macrogol sachet 2
5:00 PM	Take Macrogol sachet 3

One day before the procedure

Begin taking the laxative PLEINVUE®. You should have received this laxative at home or during your intake consultation. If you do not have PLEINVUE® four days before your procedure, please contact us at 088-8884555.

- 6:00 – 11:00 AM** You may have a light breakfast (see Dietary Guide). Eat a small portion.
- 11:00 AM – 3:00 PM** You may have a light lunch (see Dietary Guide). Eat a small portion. After lunch, you must not eat until after the procedure. You may drink clear fluids (see Dietary Guide).
- Around 3:00 PM** Prepare the first dose of the laxative PLEINVUE® following the preparation instructions. This can be done slightly earlier or later than specified.
- 6:00 – 7:30 PM** Drink the first dose of the laxative over 1.5 hours. Alternate drinking the laxative with at least 1000ml of clear fluids (see Dietary Guide). Bowel movements often start a few hours after taking the laxative, though they may begin earlier or later after the second dose. Expect to use the toilet frequently after laxation, including at night.
- After 7:30 PM** Continue drinking plenty of clear fluids (see Dietary Guide).

Before bedtime

Prepare the second dose of the laxative (see Preparation Instructions for PLEINVUE®) and store it covered in the refrigerator. You will drink the second dose tomorrow. Note that you must start drinking the second dose four hours before the procedure. If your procedure is early in the morning, you may need to take the second dose at night.

Day of the procedure

- Morning** Do not eat breakfast. Start with a cup of warm water or tea to reduce nausea.
- 4 hours before the procedure** You now take the laxative, allowing 1.5 hours to complete it. Alternate drinking the laxative with at least 1000 ml of clear fluids (see Dietary Guide). Be aware that you will need to use the toilet more frequently after taking the laxative. If it makes you feel more at ease, you may take the laxative 5 hours before the procedure, especially if you have a long journey to our clinic.
- Important: If bowel movements do not begin one hour after taking the second dose, contact us at 088-8884555.**
- From 2 hours before the procedure** You must stop drinking and smoking two hours before the procedure. Do you use any medication? Refer to the section on medication use to see if you can take your medications before the procedure.

Important notes

Vomiting during or after taking the laxative is not a concern. Continue drinking enough clear fluids. The bowel preparation will likely still be effective.

It is normal to experience bloating, abdominal cramps, or nausea after taking PLEINVUE®, as well as irritation around the anus.

Contact us immediately if you experience the following symptoms:

- Severe abdominal pain and/or excessive vomiting.
- Sudden rash or itching.
- Shortness of breath.
- Swelling of the face and/or tongue.

 **088-8884555**

Color of your stool

The bowel preparation is successful if your stool is yellow and clear. If the stool does not achieve this color after taking the laxative, drink water (one or more glasses) until it is yellow and clear. If your stool is still not clear on the day of the procedure, inform the nurse.




 Yellow and clear



 Orange and almost clear



 Dark and cloudy

Toilet tips

- Use moist toilet paper or baby wipes instead of regular toilet paper to prevent skin irritation.
- Apply Sudocrem® to soothe irritated skin.
- Do not use Vaseline for a dry skin during the laxation process, as it creates an oily layer on the endoscope lens, obstructing visibility.
- After laxation, you can continue light activities at home but stay near a toilet.

Medication use

Laxation reduces the effectiveness of medications, including birth control. Plan accordingly.

Adjusting medication

- **Diabetes:** Follow the instructions provided during your intake consultation for adjusting your medication. Contact us if instructions were not given.
- **Blood Thinners:** Follow the instructions given during your intake consultation regarding temporary discontinuation. Contact us one week before the procedure if you did not receive these instructions. After the procedure, you will be informed when to resume them.
- **Iron Tablets:** Discontinue iron tablets one week before the procedure, as they can darken the intestinal walls, reducing visibility during the colonoscopy. You may resume them after the procedure.
- **Other Medications:** Take other medications (excluding insulin, blood thinners, or iron tablets) with your last sips of water up to two hours before the procedure. Do not drink anything starting two hours before the procedure. Resume your regular medication routine one hour after the procedure.

Dietary guide

WHAT YOU CAN EAT AND DRINK

DAIRY PRODUCTS

Custard (without chunks)
Pudding (without chunks)
Quark (without chunks)
Yogurt (without chunks)

DRINKS (CLEAR DRINKS)

Water
Clear broth
Herbal tea
Black tea or iced tea (non-carbonated)
Coffee (without milk; sugar is allowed)
Diluted syrup drinks (no red/purple colors)
Non-carbonated soft drinks without pulp (no red/purple colors)

FRUITS & VEGETABLES

Canned fruit without seeds
Applesauce
Fruit puree
Apple without skin and core
Banana
Cauliflower (cooked)
Broccoli (cooked)
Carrots (cooked)

MEAT / MEAT SUBSTITUTES

Soup meatballs
Soup with small pieces of meat and vegetables (cauliflower, broccoli, or carrots)
Lightly cooked lean meat, fish, or chicken (without skin)
Tofu
Seitan

CONTINUE READING



WHAT YOU CAN NOT EAT AND DRINK

FRUITS & NUTS

Orange
Grapefruit
Mandarin
Kiwi and blackberries
Grapes
Strawberries
Dried fruit
Nuts and peanuts

DRINKS

Carbonated soft drinks
Juices with pulp
Diluted syrup drinks with red/purple colors
Alcoholic beverages
Milk and buttermilk

BREAD AND GRAIN PRODUCTS

Whole grain bread
Bread with seeds
Whole grain and multigrain pasta
Brown rice

SPREADS

Raw sausage/salami/smoked beef/roast beef/steak tartare
Peanut butter
Jam with fruit pieces (skin) and seeds
Cheese with seeds and nuts, such as cumin cheese

MEAT / MEAT SUBSTITUTES

Tempeh
Falafel
Meat substitutes

LEGUMES

Lentils
Chickpeas

CONTINUE READING



Continuation of dietary guide

WHAT YOU CAN EAT AND DRINK

BREAD AND GRAIN PRODUCTS

Rusks
White bread
Light brown bread
Vermicelli
Potatoes
White rice
Pasta (not whole grain)
Macaroni (not whole grain, spelt, etc.)
Couscous (not whole grain, spelt, etc.)

SPREADS

Margarine or butter
Chicken breast (unseasoned)
Boiled or fried egg
Chocolate sprinkles
Chocolate spread
Honey
Apple syrup
Jam without seeds
Cheese without seeds

WHAT YOU CAN NOT EAT AND DRINK

VEGETABLES

Bell peppers
Raw vegetables
Beets
Leeks
Peas
Bean sprouts
Corn
Tomatoes (tomato sauce)
Garlic
Mushrooms (champignons, shiitake, oyster mushrooms)
Asparagus
Celery
Sauerkraut
Green beans
String beans
Spinach
Endive
Onion

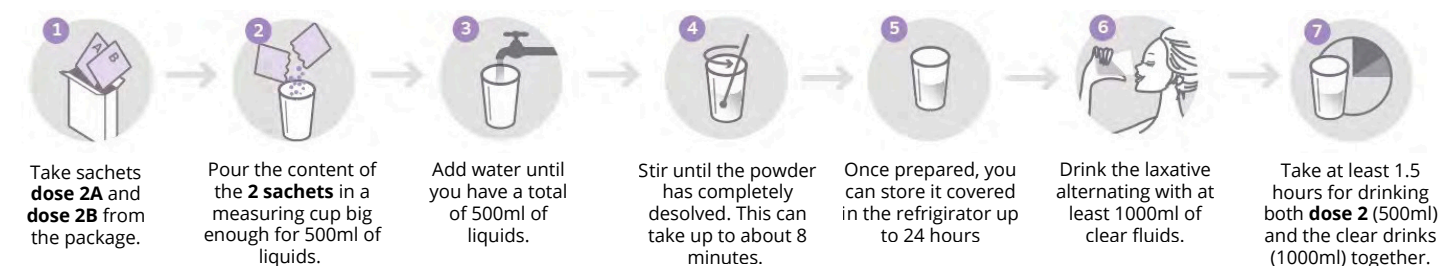
Instructions for Preparing PLEINVUE®

You have received one package of PLEINVUE® containing three sachets. Dose 1 contains one large sachet. Dose 2 contains two smaller sachets (Dose 2A and Dose 2B).

Preparation of PLEINVUE® dose 1:



Preparation of PLEINVUE® dose 2:



Tips for Taking the PLEINVUE® Laxative

- Drink chilled: Consuming the laxative chilled improves the taste. If you prefer not to drink it cold, prepare it just before use.
- Use a bottle or straw: Drink from a water bottle or use a straw to minimize the liquid's contact with your taste buds.
- Alternate with clear fluids: Drink at least 1000ml of clear fluids alongside the laxative.
- Drink slowly: To avoid feeling overly full or nauseous, take your time. If you feel full or nauseated, pause briefly before continuing.
- Stay hydrated: If you feel thirsty, drink plenty of clear fluids.
- Between doses: Drinking a lot of fluids between Dose 1 and Dose 2 enhances the laxative effect and reduces nausea.
- Freshen up: A minty candy (e.g., Smint) can provide a refreshing sensation between sips.
- Move around: A short walk may help relieve nausea.
- Stay active: Moving around during preparation stimulates bowel movements.

Questions & Contact

Visit www.polidirect.nl for more information and answers to frequently asked questions.

If your question is not listed and is not urgent, fill out the **contactform** and we will respond within three business days.

For urgent issues that can not wait,
call [088-8884555](tel:088-8884555) (Mon-Fri 8 AM - 6 PM)