

Information for patients

Colonoscopy Preparation overview

It is important that your intestines are sufficiently clean when you go into an intestinal examination (colonoscopy). To prepare your bowels for the examination, you should go on a low fibre diet starting, and drink a laxative called Pleinvue.



Cautions and warnings

Please read the following information carefully!

Drink a variety of clear fluids.

During the preparation, you will need to drink lots of clear fluid. Don't just drink water! This can cause an imbalance of salts in your blood and lead to health problems. Alternate drinking water with f.i. drinking tea, apple juice or broth.

Do you use a birth control pill?

Medication can be less effective when laxating. If you use the birth control pill, we urge you to use additional contraceptives (e.g. a condom) until your next cycle.

Do you have diabetes and you take pills or insulin?

- Please contact your (General) Practitioner or diabetes nurse to discuss if your medication needs to be adjusted.
- Check your blood glucose level before you leave for PoliDirect
- Bring your insulin pen and glucose meter to PoliDirect

Please adhere strictly to the following instructions regarding laxation (so ignore the instructions as mentioned in the package of Pleinvue). We may have to stop the examination if your large intestine is not completely empty, and the examination will have to be rescheduled, including the preparation with laxation.

Preparation overview for an examination before 17:00*

* If you have an examination after 17:00, the first laxative round starts at 07:00 the day of the examination. The second round starts four hours before the examination.

1 Starting 2 days before the examination, you need to go on a low fibre diet. In figure 4 you will find a list of what you can and can't eat according to the low fibre diet. We advise you to reduce the size of your portions on the last day before the examination.

2 Your first laxative round starts at 18:00h on the day before the examination. ATTENTION: After the first intake of the laxative, you are only allowed clear fluids.

- A** Prepare the Pleinvue according to the instructions in figure 1.
- B** Drink 500 ml of Pleinvue within 30 minutes. Try to drink one glass of Pleinvue each 15 minutes.
- C** Drink at least 1 litre of clear fluids in the next hour. In figure 3 you'll find what you can and cannot drink.
- D** Defecation usually starts within 5 hours after the first drink. When this is not the case, drink another liter of clear fluids.

Example timeline
Colonoscopy on
wednesday at 13:00h

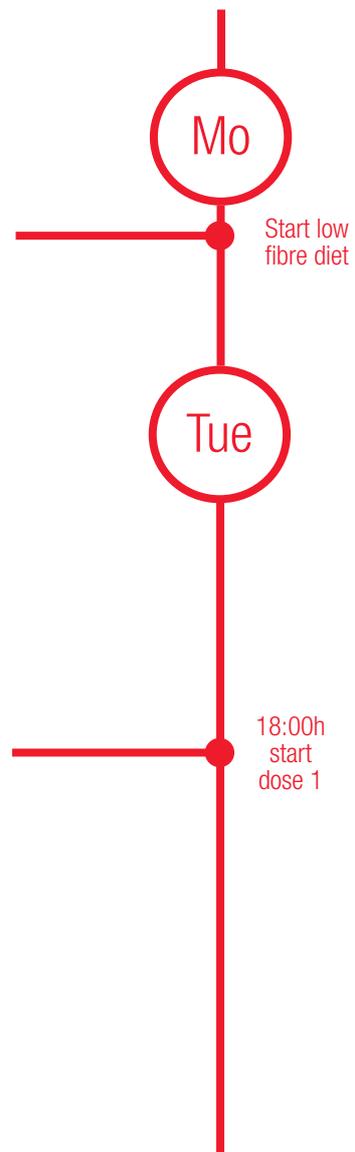


Figure 1. Preparation Pleinvue

A box of Pleinvue contains three bags: a big (dose 1) and two small ones (dose 2).



Pour dose 1 in a measuring cup.



Add water to create 500 ml.



Stir until all powder is dissolved, for about 8 minutes.



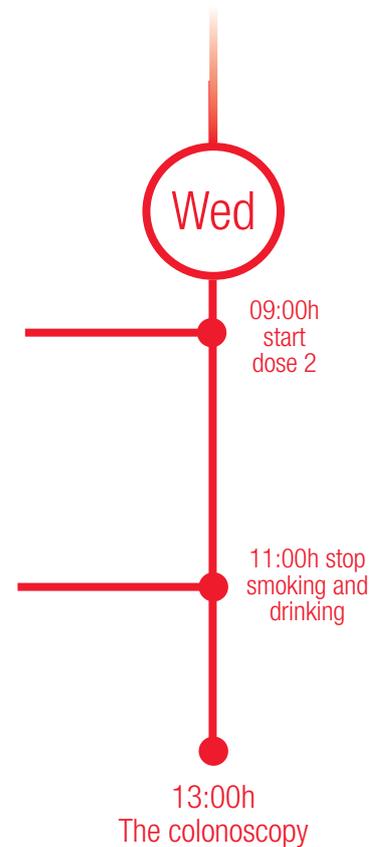
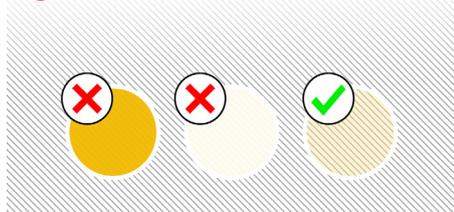
Repeat the same steps with dose 2 for the second intake, 4 hours before examination

3

Start with the second laxative round 4 hours before the scheduled time of examination.

- A** Again, drink 500 ml of Pleinvue within one hour.
- B** Drink at least 500 ml of clear fluids in the next 30 minutes.
- C** Keep drinking clear fluids until your defecation turns yellow, light coloured, watery and clear like urine (see figure 2).
- D** If necessary, you can take any medication right after you finish drinking clear fluids, at least 2 hours before the examination.
- E** Starting 2 hours before the examination, you are not allowed to drink or smoke.

Figure 2. Colour of defecation



Tips

- Drink slowly, take your time! Drink one glass each 15 minutes. Are you nauseous? Interrupt the drinking briefly and resume when the nausea decreases.
- Drink Pleinvue cold, use small sips or drink through a straw.
- Take sugarfree chewing gum to mask the taste.
- Alternate drinking Pleinvue with sips of clear fluids. Or add clear fluids to the Pleinvue mixture.
- Make sure to drink a **variety of clear fluids**, not just water.
- **Keep moving in between drinks.** Stay near a toilet.

Possible side effects

Drinking Pleinvue may lead to a bloated feeling in the stomach, abdominal cramps, nausea and a bit of a rash or soreness around the anus. This is normal. If you are suffering from any of these side effects, you can take paracetamol until 2 hours before the examination (max. 6x 500 mg per day).

Please contact PoliDirect if you suffer from one of the following complaints:

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

You can contact PoliDirect at 088 888 4555. Are you calling outside office hours (08:00h-17:00h)? Press option 1.

Other information about preparation

- Please remove the nail varnish of at least one finger prior to the examination, as this is needed to measure the oxygen level.
- Wear comfortable clothes with short sleeves.
- Arrange for an adult person to take you home and escort you inside (so no taxi!)
- You are not allowed to participate in traffic in the first 24 hours after the examination, because of the sedation and/or painkillers that you have had.
- Bring clean underwear.

Figure 3. What are clear fluids?

Clear fluids you are allowed to drink when starting the laxation:

- Water
- Clear apple juice
- Clear sports drinks (for example Aquarius)
- Clear fruit juice without pulp
- Clear tea
- White grape juice
- Clear broth
- Coffee (max. one cup without milk)

Drinks you are not allowed to drink:

- Drinks with a red colour
- Cola
- Fruitjuice with pulp
- Milk or milk products
- Sparkling or carbonated drinks
- Alcoholic beverages

Figure 4. The low fibre diet

What you can eat:

- **Low fiber cereal products :** rusk or natural toast, white or light brown bread without seeds, margarine or butter, white rice, pasta.
- **Low fiber spreads:** chocolate spread, eggs (boiled or baked), sprinkles, honey or syrup, jam (without seeds or pieces of fruit), cheese, lean meats.
- **Low fiber fruit:** soft ripe fruit or preserves without seeds, fibers or peel, apple or fruit puree, banana.
- **Potatoes and cooked vegetables:** carrots, cauliflower, broccoli, chicory.
- **Meat:** all kinds of lightly roasted lean meat, fish or skinless chicken, minced beef or veal.
- **Dairy:** milk or buttermilk, pudding, custard, yogurt (without fruit pieces).
- **Soup without vegetables**

What you can not eat:

- **Wholegrain cereals:** brown bread, multigrain pasta, brown rice.
- **High fiber spreads:** marmalade, jam with pieces of fruit or seeds, peanut butter.
- **High fiber fruits:** strawberries, blackberries, grapes, grapefruit, kiwi, orange, dried fruits.
- **High fiber vegetables:** endive, asparagus, celery, mushrooms, peas, garlic, corn, bell pepper, leek, legumes, raw vegetables, string beans, spinach, bean sprouts, tomatoes, onion, sauerkraut.
- **All sorts of nuts, peanuts and seeds.**