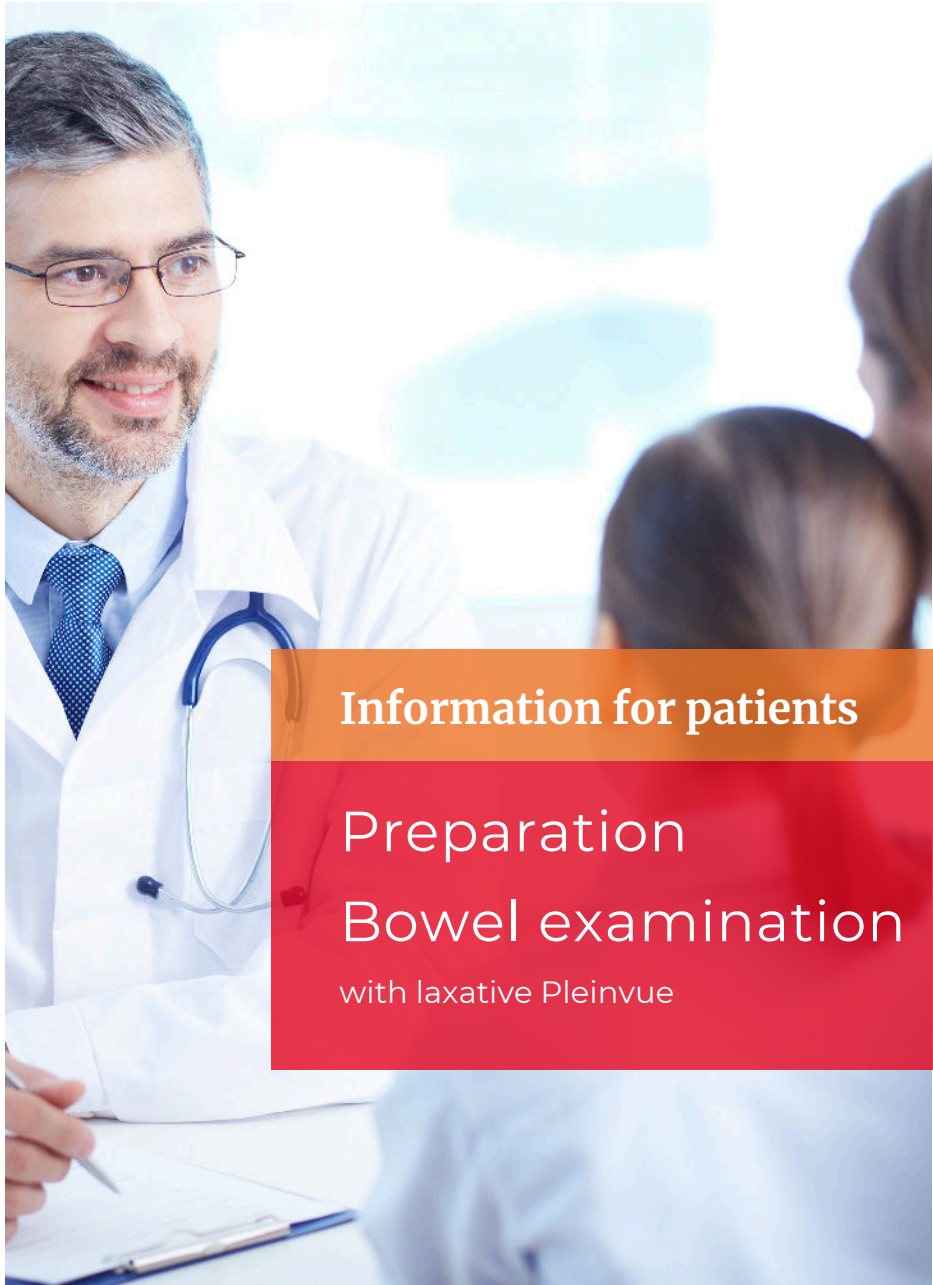


PoliDirect



Information for patients

Preparation

Bowel examination

with laxative Pleinvue

You will soon have a colonoscopy. This is an examination during which the doctor looks at the inside of your bowel with a thin, flexible tube (colonoscope) that has a camera at the end. In order to see any abnormalities properly, it is very important that your bowel is as empty and clean as possible. You do this by following a diet and laxating your bowel with the laxative Pleinvue, which you get/have gotten from the pharmacy.

We will tell you more about this preparation in this leaflet.

Read it carefully one week before the examination so that you know what to do. In case your bowel is not clean enough, the examination cannot take place and must be postponed to a later date.



Step-by-step preparation

3 days before the examination

Begin a low-fibre diet 3 days before the examination. In order not to clog the colonoscope used for the examination, we ask you not to eat foods containing seeds or pits at least 3 days before the examination. What you can and cannot eat is shown in figure 2 on page 2.

1 day before the examination

1 Start the day before your examination with a light breakfast, e.g. two rusks or a white or light sandwich with filling. You may drink a cup of tea with this. If you are still thirsty after this, drink only clear liquids. Figure 1 shows what these are.

Between breakfast and lunch, you may have a low-fibre snack, such as a croissant, rusk or white roll

2 Between 12 noon and 1 pm you may eat a final light meal, e.g. 2 rusks or a white or light sandwich with a filling (no dairy). You may drink clear drinks at this time.

Exception: is your appointment scheduled after 5 pm, then you can have a light meal until 8 pm.

3 Please note: after this lunch you should not eat anything until after the examination. From now on, only drink clear drinks. The more you drink, the cleaner the bowel.

4 Depending on the time of your examination, you will start the first laxative dose of Pleinvue the evening before the day of the examination or on the day of the examination itself. This depends on the time of the examination. You can read how this works on page 3.

Figure 1. Clear drinks













-  **Allowed:**
-  Water
-  Clear sports drinks (e.g. Aquarius)
-  Clear fruit juices without pulp
-  Clear tea
-  Clear broth (strained)
-  Coffee (maximum of one cup without milk)
-  **Not allowed:**
-  Carbonated drinks
-  Milk products
-  Red fruit juices with pulp
-  Alcohol

Figure 2. The low-fibre diet



What can you eat?



Low-fibre cereal products:

rusk or natural toast, white or light brown bread without seeds, margarine or butter, white rice, pasta.



Low-fibre spreads:

chocolate spread, eggs (boiled or fried), sprinkles, honey or syrup, jam (without seeds or pieces of fruit), cheese, low-fat meats (ham, roast beef, chicken breast).



Low-fibre fruit:

soft ripe fruit or canned fruit without seeds, fibre or peel, apple or fruit puree, banana.



Potatoes and cooked vegetables:

Carrots, cauliflower, broccoli, chicory and potatoes.



Meat:

all types of lightly roasted lean meat, meat substitutes, skinless fish or chicken, minced beef or veal.



Dairy:

Pudding, custard, (vegetable) yoghurt (without pieces of fruit).



Clear soup without vegetables



What should you not eat?



Wholemeal cereal products:

Brown bread, wholemeal bread and bread with seeds and kernels, multigrain pasta, brown rice.



Bread spreads:

marmalade, jam with pieces of fruit or seeds, peanut butter.



High-fibre fruit:

strawberries, blackberries, grapes, grapefruit, kiwi, orange, dried fruit, avocado.



High-fibre vegetables:

Endive, asparagus, celery, mushrooms, peas, garlic, corn, peppers, leeks, legumes, raw vegetables, string beans, spinach, bean sprouts, tomatoes, onion, sauerkraut.



All kinds of nuts, peanuts and seeds.

Laxative Pleinvue: emptying the bowels

Pleinvue is a drink that will make sure your bowels are emptied.

The pack of Pleinvue contains 3 sachets of powder.

- Dose 1 consists of 1 sachet
- Dose 2 consists of 2 sachets (A and B)

CAUTION: please follow the schedule in this leaflet and not the schedule in the pharmacy's leaflet.

How you divide dose 1 and 2 depends on when your bowel examination takes place.

Is your examination scheduled at a time before 5 pm?

Then you should drink Pleinvue dose 1 at 6 pm 1 day before the examination and dose 2 (A+B together) 4 hours before the examination, on the day of the examination.

Is your examination scheduled at a time after 5 pm?

Then use dose 1 on the day of the examination at 7 am. You will also use dose 2 on the day of the examination, 4 hours before the examination.

For example:

Is your examination scheduled at 05:30 pm?
Then drink Pleinvue dose 1 at 7 am on the day of the examination. In addition, drink at least 1 litre of clear drink. With Pleinvue dose 2, start drinking at 1.30 pm.

Start with a cup of warm, clear tea before taking the second dose of Pleinvue. This helps against any nausea. Dissolve the contents of sachets containing dose 2 (two sachets) in 500 ml of water. Drink the solution 4 hours before the examination in 1.5 hours. Drink dose 2 slowly in small sips, alternating with at least 1 litre of clear drink.

You should not drink anything for at least 2 hours before the examination. You may drink clear (strained) broth up to 6 hours before the examination.

How to prepare laxative Pleinvue

Prepare Pleinvue according to the preparation instructions in Figure 3 on page 4.

Pleinvue dose 1

You will need this:

- Dose 1 of Pleinvue
- 500 ml water
- Measuring cup with a capacity of at least 500 ml
- Whisk, spoon or fork for stirring

How to prepare it:

- Dissolve the contents of the sachet in 500 ml of water and stir until the powder is completely dissolved (about 8 min.)

Drink this slowly and in small sips. In addition, drink at least 1 litre of water or other clear, non-carbonated liquids such as tea, apple juice, clear broth (strained) or lemonade. Alternate water with other clear drinks. This may be done between drinking the Pleinvue or afterwards, but the Pleinvue and the litre of drink should all be finished within 1.5 hours.

After this, keep drinking only clear liquids. The more you drink, the cleaner the bowel.



Pleinvue dose 2 (4 hours before the examination)

You will need this:

- Dose 2 of Pleinvue (2 sachets: A and B)
- 500 ml of water
- Measuring cup with capacity for at least 500 ml
- Whisk, spoon or fork for stirring in order to mix

Here's how to prepare it:

- Start drinking a cup of warm, clear tea 4 hours before the examination. This helps against any nausea
- Meanwhile, dissolve the contents of both sachets in 500 ml of water. Stir until the powder is completely dissolved
- Also drink this dose slowly and in small sips. In addition, drink at least 1 litre of water or other clear liquids such as tea, apple juice, clear broth (without bits) or lemonade. You may do this between doses of Pleinvue or afterwards, but within 1.5 hours.
- After this, you should only drink clear drinks without carbonation. Again, you must drink both dose 2 and the litre of drink within 1.5 hours

Note:

Pleinvue gives you (a lot of) stools that sometimes come suddenly and quickly. Therefore, make sure you stay at home and take this into account when making any other appointments.

Figure 3. Pleinvue preparation method

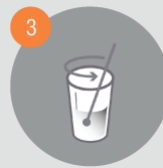
A box of Pleinvue contains three sachets: one large one (dose 1) and two small ones (dose 2). Dissolved, Pleinvue can be kept in the fridge for 24 hours.



1
Pour dose 1 (large) into a measuring cup.



2
Add 500 ml of water.



3
Stir until all the powder is dissolved. This takes 8 minutes.



4
Repeat these steps for dose 2 (two small bags) at the 2nd intake time.

Tips on drinking Pleinvue:

- Drink Pleinvue slowly and take small sips. This prevents the chance of nausea.
- Drink Pleinvue chilled.
- Alternate drinking Pleinvue with small sips of another clear liquid, e.g. tea, water or lemonade.
- You can also use a water bottle with a closable drinking spout in order to avoid taking the liquid too quickly, or use a straw.
- In order to get rid of the taste, you can use sorbitol-free chewing gum in between drinks.
- When laxating, you should drink plenty of clear drink. Do not drink only water. This can upset the salt balance in your body, leading to health problems. Alternate drinking water with, for example, apple juice or broth.
- Keep moving while laxative.
- If you feel nauseous, take a small break, and continue drinking when the nausea passes or have a cup of tea.

When is the preparation ready?

Preparation is complete when your stools are clear after drinking Pleinvue and clear liquids (see figure 4).

Figure 4. Color of stools



Caution!

After taking the first dose of Pleinvue, your stools may already be clear. Nevertheless, you should complete the above schedule completely, as the stools will become less clear again at night due to food residues and digestive juices.

Instruction video

Still not entirely clear?

Then you can find much more information via this link:

https://polidirectstaging.medify.eu/polimdl/index_poli-colo-2_nl.html#m=custom_207&panel=207

Checklist day of examination:

- ✓ Put on comfortable clothes (preferably a short-sleeved shirt)
- ✓ Bring clean underwear to be sure
- ✓ Make sure you are picked up by someone who will accompany you back home (i.e. not a taxi)
- ✓ Do not drive independently for the first 24 hours after the examination if you have had sedation or painkillers

Test results

On the day of the examination, a phone appointment is scheduled with the doctor in order to discuss the results. This appointment will be 1-2 weeks after the examination.

Supplementary information

Medication and the contraceptive pill

Are you taking any medication? Then take them after drinking the last drink, but no later than two hours before the examination.

Please note:

- Especially if you take medication for high blood pressure, it is important to take it before the examination, after laxating.
- Laxating may cause medicines to work less well. Take this into account. The same applies to the contraceptive pill. So use extra contraceptives until your next period.

Diabetes

Do you have diabetes and do you take tablets or insulin for it?

- Discuss with your doctor/diabetes nurse whether your medication schedule needs to be adjusted.
- Check your blood sugar again at home before the examination.
- Bring your insulin pen and blood sugar meter with you to PoliDirect.
- We will give you a croissant after the examination, but please bring something extra to eat that you know will help you if your blood sugar should be a little lower.

Are you under thrombosis control? The MDL doctor will tell you when you can resume anticoagulation medication.

Smoking

You must stop smoking 2 hours before the examination.

Possible side effects

You may experience nausea, bloating, headache and abdominal cramps after drinking Pleinvue. This is normal. You may take paracetamol for these symptoms up to two hours before the examination (max. 6x 500 mg per day). It is also normal to feel cold and there may be some irritation around the anus. **Please note:** you must not rub your anus with oily ointments such as Vaseline before the examination.

Please contact us immediately with the following symptoms:



- Severe bleeding (more than 1 cup)
- Severe abdominal pain and/or vomiting
- Sudden rash or itching
- Shortness of breath
- Swelling of your face and/or tongue

You can reach us at **088 - 888 4 555**.

Choose option 1 in case of an urgent and life-threatening situation.

Check our website polidirect.nl/contact for information on working hours.

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