



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 brochure.

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 4](#).

Figure 1. Clear drinks (1 day before examination)

- ✓ **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 (3 days before examination)

✓ **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.**

For an additional overview, visit www.polidirect.nl/brochures or scan the QR-code.



Laxative Pleinvue: emptying the bowels

Pleinvue is a drink that will make sure your bowels are emptied. The package of Pleinvue contains 3 sachets of powder. Dissolved, Pleinvue can be kept in the fridge for 24 hours.

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

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

Preparation:



Pour dose 1 (large) into a measuring cup.



Add 500 ml of water.



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



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

When is the preparation ready?

Preparation is complete when your stools are clear after drinking Pleinvue and clear liquids (see figure 4). If your stools are not clear, please contact us by phone from 8:00 am at 088-8884555.

The medical emergency line (outside office hours) is not intended for this purpose.

Attention!

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.

Figure 4. Color of stools



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.

Tips for 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.

Make sure to drink the Pleinvue and at least 1 liter of clear liquids 2 hours before the examination. The stool should be clear/yellow in color afterward.

Please note: in the 2 hours before the examination, you can not drink or smoke.

Laxative schedule per time slot

Depending on the time of your procedure, follow one of the schedules on pages 5 and 6. There are 4 different time slots for which the schedule is created (see right).

If your appointment falls exactly on the boundary of a time slot, follow the earlier time slot (e.g., if your appointment is at 1:00 PM, follow the time slot from 10:00 AM to 1:00 PM).

Colonoscopy between 8 AM - 10 AM

Colonoscopy between 10 AM - 1 PM

Colonoscopy between 1 PM - 5 PM

Colonoscopy after 5 PM

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

Colonoscopy between 8 AM - 10 AM

Pleinvue dose 1 Date:	<p>The day before the examination:</p> <ul style="list-style-type: none"> • Until 3:00 PM: You may have a light breakfast and a light lunch meal. • From 3:00 PM onwards, you may no longer eat solid food. However, you can continue to drink clear liquids. • 6:00 PM – 7:30 PM: Drink 500 ml of Pleinvue, dose 1, alternating with at least 1000 ml of clear liquids. Drink the Pleinvue slowly in small sips. It is good to continue drinking as needed throughout the evening.
Pleinvue dose 2 Date:	<p>The day of the examination:</p> <p>Between 5:00 – 6:30 AM:</p> <ul style="list-style-type: none"> • Start with a cup of clear liquid (e.g., green tea). • Then drink 500 ml of Pleinvue, dose 2, alternating with at least 1000 ml of clear liquids. Drink the Pleinvue slowly in small sips. • Continue drinking as needed (only clear liquids) until no later than 2 hours before the procedure. • From two hours before the procedure, you must remain fasting. You may not drink or smoke.
Fasting	<p>From two hours before the procedure, you must remain fasting. You may not drink or smoke.</p> <p>Fasting from: AM/PM.</p>

Colonoscopy between 10 AM - 1 PM

Pleinvue dose 1 Date:	<p>The day before the examination:</p> <ul style="list-style-type: none"> • Until 3:00 PM: You may have a light breakfast and a light lunch meal. • From 3:00 PM onwards, you may no longer eat solid food. However, you can continue to drink clear liquids. • 6:00 PM – 7:30 PM: Drink 500 ml of Pleinvue, dose 1, alternating with at least 1000 ml of clear liquids. Drink the Pleinvue slowly in small sips. It is good to continue drinking as needed throughout the evening.
Pleinvue dose 2 Date:	<p>The day of the examination:</p> <p>Between 6:00 – 7:30 AM:</p> <ul style="list-style-type: none"> • Start with a cup of clear liquid (e.g., green tea). • Then drink 500 ml of Pleinvue, dose 2, alternating with at least 1000 ml of clear liquids. Drink the Pleinvue slowly in small sips. • Continue drinking as needed (only clear liquids) until no later than 2 hours before the procedure. • From two hours before the procedure, you must remain fasting. You may not drink or smoke.
Fasting	<p>From two hours before the procedure, you must remain fasting. You may not drink or smoke.</p> <p>Fasting from: AM/PM.</p>

Colonoscopy between 1 PM - 5 PM

Pleinvue dose 1 Date:	<p>The day before the examination:</p> <ul style="list-style-type: none"> Until 3:00 PM: You may have a light breakfast and a light lunch meal. From 3:00 PM onwards, you may no longer eat solid food. However, you can continue to drink clear liquids. 6:00 PM – 7:30 PM: Drink 500 ml of Pleinvue, dose 1, alternating with at least 1000 ml of clear liquids. Drink the Pleinvue slowly in small sips. It is good to continue drinking as needed throughout the evening.
Pleinvue dose 2 Date:	<p>The day of the examination:</p> <p>Between 9:00 – 10:30 AM:</p> <ul style="list-style-type: none"> Start with a cup of clear liquid (e.g., green tea). Then drink 500 ml of Pleinvue, dose 2, alternating with at least 1000 ml of clear liquids. Drink the Pleinvue slowly in small sips. Continue drinking as needed (only clear liquids) until no later than 2 hours before the procedure. From two hours before the procedure, you must remain fasting. You may not drink or smoke.
Fasting	<p>From two hours before the procedure, you must remain fasting. You may not drink or smoke..</p> <p>Fasting from: AM/PM.</p>

Colonoscopy after 5 PM

Pleinvue dose 1 Date:	<p>The day of the examination:</p> <ul style="list-style-type: none"> Until 7:00 AM: You may have a light breakfast. From 7:00 AM onwards you may no longer eat solid food. However, you can continue to drink clear liquids. 7:00 – 8:30 AM: Drink 500 ml of Pleinvue, dose 1, alternating with at least 1000 ml of clear liquids. Drink the Pleinvue slowly in small sips.
Pleinvue dose 2 Date:	<p>The day of the examination:</p> <p>Between 1:00 – 2:30 PM:</p> <ul style="list-style-type: none"> Start with a cup of clear liquid (e.g., green tea). Then drink 500 ml of Pleinvue, dose 2, alternating with at least 1000 ml of clear liquids. Drink the Pleinvue slowly in small sips. Continue drinking as needed (only clear liquids) until no later than 2 hours before the procedure. From two hours before the procedure, you must remain fasting. You may not drink or smoke.
Fasting	<p>From two hours before the procedure, you must remain fasting. You may not drink or smoke..</p> <p>Fasting from: AM/PM.</p>

Additional 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 gastroenterologist will tell you when you can resume anticoagulation medication.

Smoking

You must stop smoking 2 hours before the examination.

Results of the examination

On the day of the procedure, a date will be scheduled for a phone appointment with the doctor to discuss the results. This appointment will be 1 to 2 weeks after the procedure. A specific time is not set for this appointment, as the doctor will do this during or after their program for the day. If it's busy, the doctor may call after the clinic's closing hours.

Please contact us immediately with the following symptoms:

- Severe bleeding (more than 1 cup)
- Severe abdominal pain
- Persistent 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](https://www.polidirect.nl/contact) for information on working hours.