

## Patient information

### **Bowel Preparation Afternoon Appointment Plenvu and Senna**

Gastroenterology Care Group

Your clinician would like you to have bowel preparation over four days for your colonoscopy / flexible sigmoidoscopy test. The instructions are given below and should be followed carefully.

#### **What is Bowel Preparation?**

To make ensure the endoscopist has a clear view of your colon, it must be completely empty. To clear your bowel of all its waste material you must follow a special diet and take laxatives before the procedure.

#### **What are the benefits of Bowel Preparation?**

Bowel preparation will clear your bowel of all waste material. This will allow the endoscopist to view your bowel properly during your procedure.

#### **Are there any risks/side effects?**

- The Plenvu medication will clear out the bowel resulting in diarrhoea within approximately one to three hours of the first dose. It is advised that you stay within easy reach of a toilet once you start to take the medication.
- Some patients experience nausea, vomiting, or abdominal pain. This can be associated with dizziness. If any of these symptoms occur, please lie down until they pass.
- You might like to use a barrier cream to prevent a sore bottom. A product such as petroleum jelly can also be effective.
- Some stomach cramping is normal.
- If you vomit up the bowel preparation at any time or have any other concerns regarding side effects, please contact us directly – see end of leaflet for contact details.

#### **Other medication**

- If you take iron tablets (eg. ferrous sulphate or ferrous fumarate), you must stop taking these seven days before your bowel preparation regime starts
- If you take anti-platelet (eg. Clopidogrel or aspirin), or anti-coagulant/ blood thinning medication (eg. apixaban, warfarin, enoxaparin), you must inform your specialist nurse.

- **Female patients: If you are taking an oral contraceptive pill, diarrhoea can make it less effective. Please use additional forms of contraception such as condoms.**
- Any other oral medication can be continued as normal unless otherwise instructed.
- **Do not take any medication two hours either side of drinking Plenvu.**
- Please bring your medication to your test.

### **Are there any alternatives to this procedure?**

This procedure has been considered the best test to investigate your symptoms. If you are unsure about having this procedure, then please discuss alternative tests with the clinician who referred you.

### **Laxative Treatment**

Three sachets of Plenvu and six tablets of Senna (7.5mg) are included in this pack. They work together to empty your bowel.

Four days before your tests, you must take two tablets of Senna each night for three days (excluding day before the procedure).

If you have diabetes or long-standing constipation you will receive 10 tablets of Senna (7.5mg). Six days before your test, you must take two tablets of Senna each night for five days (excluding day before the procedure).

You must also take one sachet of Plenvu the day before you test and an additional two sachets of Plenvu the morning of your test.

**Important:** The Plenvu medication will clear out your bowel resulting in diarrhoea within approximately one to three hours of the first dose. It is advised that you stay close to a toilet.

### **How do I take the Plenvu sachets?**

#### **Dose one – at 7pm the day before your test**

- Pour the contents of the single sachet for dose one into a jug.
- Make the solution up to 500mL with water.
- Stir the solution well.
- Drink the solution over a period of 60 minutes.
- Alternate sips of the solution with sips of clear fluids as outlined below.
- Aim to drink an additional 500mL of clear fluids in between sips of the Plenvu solution.

#### **Dose two (Sachet A and B) – at 6am the day of your test**

- Pour the contents of the two sachets (sachet A and B) together in a jug.
- Make the solution up to 500mL with water.

- Stir the solution well.
- Drink the solution over a period of 60 minutes.
- Alternate sips of the solution with sips of clear fluids as outlined below.
- Aim to drink an additional 500mL clear fluids in between sips of the Plenvu solution.

## **Diet**

You must start the special diet from four days before the test. This is a low-residue diet which limits the amount of fibre and other foods that increase bowel activity.

An example of a low residue diet is shown below.

You may eat freely from the foods contained in this list, unless you are allergic or have been advised to avoid certain foods.

Please avoid taking any food or drink that is not contained within the list of foods/drink you can consume.

**No solid food should be taken after 3pm on the day before your test but you should continue to drink clear fluids.**

An example of clear fluid drinks is shown further in this leaflet.

## **Foods you can eat**

- White meat, skinless chicken, grilled/boiled/poached or steamed white fish.
- Potato without skin boiled/mashed/chips.
- Eggs, cheese, tofu.
- White - bread, croissants, pasta, rice, cous cous, pastry (white flour)
- Cornflakes, Rice Krispies, Frosted Flakes
- Smooth yoghurts
- Crisps
- Butter/margarine
- Seedless/shredless marmalade or jam.
- Marmite, honey, rich tea biscuits, chocolate, yoghurt
- Plain ice-cream, custard, clear jelly (no red or blackcurrant jelly), boiled sweets
- Sponge cakes without fruit or nuts, rice pudding/semolina

## **Foods you should avoid**

- Wholemeal or granary bread, wholemeal flour, wholemeal pasta, brown rice, pearl barley, bran, quinoa.
- All whole-wheat cereals e.g Branflakes, Weetabix, Shreddies etc.

- Porridge and Muesli (all containing dried fruit and nuts)
- Yogurts or cheese containing fruit or nut pieces.
- Red meat or fish that is tough or gristly, skin and bones of fish and chicken, pies, egg dishes containing vegetables.
- Vegetables, salad, baked beans, split peas, lentils, peas, sweet corn, celery, All seeds, tough skins, potato skins.
- All fruit including dried fruit, citrus fruit and berries, prunes, smoothies, fruit juices with bits.
- Avoid all nuts including coconut and almond
- Puddings, cakes and biscuits made with wholemeal flour, dried fruits or nuts.
- Chocolate or toffee with dried fruits or nuts, Popcorn, Marzipan, Digestive biscuits.
- Marmalade with peel or jam with seeds.
- Lentil and vegetable soups, Pickles and chutneys, Horseradish, Relish.

**Milk can be consumed up until the day before the procedure. The day before and the day of the procedure, milk in any form should be avoided.**

### **What can I drink?**

#### **Clear Fluids:**

- Water, mineral/fizzy, fizzy drinks (including Lucozade), fruit squash (not blackcurrant), chicken stock cubes, clear soup, tea/coffee (to be taken black the day before and day of the procedure), herbal/fruit teas
- Sweetener may be added to food/drinks.
- Oxo, Bovril, clear soup (watery without bits in it)

You must drink at least one glass of fluid from the list every hour (throughout the daytime) during the diet preparation period.

#### **Alcohol:**

We advise to minimise alcohol consumption, in line with national guidance. If alcohol consumption is desired the following can be drank.

- Lager / Beer
- Spirits with light coloured mixer i.e., Lemonade / Tonic
- White wine

#### **Alcoholic drinks to be avoided:**

- Red / Rose Wine
- Dark Mixers including Cola.

- Guinness

### Clear Fluids

Remember You can keep drinking until two hours before your colonoscopy



Water



Diluted cordials  
(Not Blackcurrant)



Herbal tea



Clear soup



Clear fruit juices  
(Without Pulp)



Black tea/ coffee  
Without milk

### Example of low residue diet:

#### Breakfast

- One boiled or poached egg
- One to two slices of white bread, butter or margarine or honey
- Tea or coffee

#### Midday

- Steamed or grilled white fish or chicken
- One medium boiled potato (no skin) or two tablespoons of boiled white rice
- Small plain jelly

#### Evening

- As midday, or other foods from the low residue foods list
- Small plain jelly

**It is important to drink plenty of fluids in-between mealtimes**

### Summary of the Bowel Preparation Regime:

Please follow the regime outlined below

Day	Date	Diet	Laxative Treatment
Six days before the test		Normal diet	<b>If have diabetes or long-standing constipation only</b> Two Senna tablets at night
Five days before the test		Normal diet	<b>If have diabetes or long-standing constipation only</b> Two Senna tablets at night

Four days before the test		Low residue diet	Two Senna tablets at night
Three days before the test		Low residue diet	Two Senna tablets at night
Two days before the test		Low residue diet	Two senna tablets at night
One day before the test		Low residue diet until 3pm then no solid foods ( <b>clear fluids only</b> )	Dose one of Plenvu at 7pm
Day of the test		Continue clear fluids until two hours before your colonoscopy  Do NOT eat anything until after the procedure	Dose two of Plenvu (sachet A+ B) at 6am

**If you have diabetes or long-standing constipation, you must take Senna for 5 days (rather than three days).**

**What do I do on the day of the Colonoscopy?**

**Remember you are not allowed to eat anything until after your test.**

- You may continue to take all your other usual medications as normal.
- **Do not take your medication one hour either side of drinking your dose of Plenvu.**
- Do not take tablets for diabetes on the day of your colonoscopy but **bring your medication with you.**
- If you take insulin, please take this as instructed by your diabetes nurse.
- If you normally monitor your blood sugar, please check it every two hours.
  - **If you feel dizzy, sweaty or irritable (signs of low blood sugar) take two to three teaspoons of sugar, or six glucose tablets, or one glass of Lucozade.**
  - You should feel better almost immediately, if not repeat the above treatment. If symptoms persist, contact your doctor.
- If you take blood thinning tablets, please take these as advised by the anticoagulation team who will contact you before your procedure.
- If you take antiplatelet therapy e.g. Clopidogrel, Prasugrel, Aspirin etc. you will be advised if/ when to stop this by the gastroenterology staff.

**You should continue to drink clear fluids up until two hours before your appointment time.**

Attend the gastroenterology department at your appointment time.

## **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further information**

**Contact the Gastroenterology Unit at the Royal Liverpool Hospital**

**Monday – Sunday: 8am – 6pm**

**Telephone: 0151 706 2819 / 2726 / 2656**

**Text phone number: 18001 0151 706 2819 / 2726 / 2656**

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