

PREPARATIONS for COLONOSCOPY WITH Plenvu

The prescription has been sent electronically to Apoteket.

To enable the examination to be carried out, the bowels must be cleansed well (laxation/prep.). Certain foodstuffs should be avoided for 7 days before the examination, as they may remain in the bowels and make the examination difficult or impossible.

For five days before your examination you should therefore NOT eat:

- Iron tablets,
- Bulking agents; e.g. Inolaxol, Lunelax,
- Nuts, seeds (e.g. linseeds, psyllium seeds, chia seeds, sunflower seeds),
- Muesli, breakfast cereals, wholemeal bread,
- Wholegrain rice, bulgur, quinoa,
- Food that is difficult to digest, such as mushrooms, onion, corn, peppers,
- Vegetables that are fibrous (asparagus, rhubarb) or raw vegetables. Beans and lentils,
- Fruit peels and kernels. Citrus fruit peel, Grapefruit
- Berries (e.g. lingonberry, raspberry, blueberry). Fruit juices with strong colours such as beetroot juice, blueberry soup.

If you have constipation problems :

it is recommended you take Laktulos or Movicol, which you can buy at a pharmacist without a prescription at least 3 days before the start of laxation.

If you are already using either of these, you should continue to take it.

THE DAY BEFORE THE EXAMINATION

Breakfast as usual, then liquid food only. After 13:00 you may only drink clear and transparent drinks* (cordial, soft drinks, honey water, uncoloured energy drinks, juice without pulp, coffee without milk). **NO VEGETABLE BROTH!**

Dose 1 is started between 16-18 the evening before the examination. Plenvu is mixed in 5 dl of water, mix thoroughly until the powder has dissolved and the mixture becomes clear. First drink 1 dl of water then the mixed solution AND another 5 dl of water or other clear liquid. Drink everything within one hour.

Follow these instructions - not those shown on the packaging.

It will be easier to drink if the solution is slightly chilled. Sucking on a throat lozenge or popsicle will leave a more pleasant taste in the mouth.

Dose 2 is started 5 hours ahead of your appointment the same day. Repeat the exact same procedure as above. Drink everything in one hour. It may be an advantage to keep drinking clear liquid up to the point of the exam. Any excess fluid left in the system can easily be removed by the examiner with the suctiondevice in the colonoscope.

Lots of extra liquid on top of the Plenvu is the key to success and a high quality exam!

Good luck wishes the whole staff !