



## Colonoscopy Prep Instructions with Plenvu®

In order to perform a significantly and problem free colonoscopy a good preparation is very important. The goal is an empty and clean colon. The following instructions are very important.

### Nutrition

Avoid fruits and vegetables with seeds (grapes, figs, berries, tomatoes etc.) and high fiber foods such as wholegrain bread, muesli, asparagus etc. 5 days prior to the colonoscopy.

The day before the colonoscopy, you should only eat food that is easy to digest. After lunch there is no more solid food allowed. Only liquids until the colonoscopy.

		<b>Dont's</b>	<b>Do's</b>
<b>5 days prior</b>		No seeds or high fiber foods	Low fiber foods
<b>Day before</b>	until 14.00	Easy digestible foods, no salad, no veggies	With bread, pasta, potatoes, rice, lean meat or fish
	after 14.00	No more solid foods, liquid diet	Cream soup, milkshake, proteinshake, smooth yoghurt
	after 18.00	Only liquids	Water, tea, clear fruit juice, soda, broth, coffee without milk
<b>Day of procedure</b>		Only liquids	See above

## Bowel Preparation with Plenvu®

The box contains three envelopes. For the 1<sup>st</sup> dose: 1 envelope. For the 2<sup>nd</sup> dose: 2 envelopes (A+B)

You need to drink the 1<sup>st</sup> dose the day before colonoscopy at 18.00 in the evening.

Add the powder of dose 1 into 500 ml water and stir until all dissolves. This could last up to approximately 8 minutes. Drink it slowly within 30 minutes. Afterwards drink 500 ml of a clear liquid your choice.

You need to drink the 2<sup>nd</sup> doses 4 hours prior to your colonoscopy appointment. Add the powder of dose 2 (envelope A and B) into 500 ml water and stir until all dissolves. This could last up to approximately 8 minutes. Drink it slowly within 30 minutes. Afterwards drink 500 ml of a clear liquid your choice.

Do not drink any liquids 2 hours prior to your appointment.

### Additional information:

Your usual **medications** you can take until 2 hours prior to colonoscopy with a

	<b>Time</b>	<b>Moviprep Solution</b>
<b>Day before</b>	18.00	Dose 1 in 500 ml water afterwards 500 ml clear liquids
<b>Day of procedure 4 hours before</b>		Dose 2 (envelope A+B) in 500 ml water, afterwards 500 ml clear liquids

sip of water.

**Do not drive** up to 12 hours after colonoscopy. You can thake the bus or train home.

Please bring your **health insurance card** with you as well as the **signed colonoscopy consent** that we have sent you.

For additional questions please call us (MUZ) **Phone 081 851 85 82.**

Dr. med. Markus Kubli, Deputy Chief Medical Officer  
 FMH Internal Medicine, Gastroenterology & Hepatology