

Patient Information



Kingston Hospital
NHS Foundation Trust

Bowel preparation before colonoscopy (Plenvu)

<https://kingstonhospital.nhs.uk/information/bowel-preparation-before-colonoscopy-plenvu>

A colonoscopy is done to have a look inside the bowel. For this, **the bowel must be completely empty.**

You must prepare properly

<div data-bbox="204 808 408 1032" data-label="Image"> </div> <p>3 days before</p> <p>3 days before</p> <ul style="list-style-type: none"> • Low-fibre food only • Drink one large cup of fluids every hour during the day 	<div data-bbox="611 808 815 1032" data-label="Image"> </div> <p>1 day before</p> <p>1 day before</p> <ul style="list-style-type: none"> • Stop solid food • Continue drinking plenty, but only clear fluids • Begin bowel prep 	<div data-bbox="1013 808 1217 1032" data-label="Image"> </div> <p>Day of morning appointment</p> <p>Day of morning appointment</p> <ul style="list-style-type: none"> • Stop fluids <div data-bbox="1013 1234 1217 1458" data-label="Image"> </div> <p>Day of afternoon appointment</p> <p>Day of afternoon appointment</p> <ul style="list-style-type: none"> • Finish bowel prep • Then stop fluids
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What is bowel preparation?

A few days before the procedure, you will need to start '**bowel preparation**' to empty the bowel. This involves:

- taking medicines (called **laxatives**) to make you poo
- cutting down on how much fibre you eat
- stopping all food in the last few hours beforehand.



The instructions given below are **very important**. If you do not stick to them, we will probably have to cancel the procedure because we will not be able to see inside your bowel clearly.

→ **Contact the endoscopy nurse helpline if you have any questions.**

What effect does it have?

The laxatives will cause repeated bowel movements and eventually diarrhoea.

These effects can start at any time after taking the laxatives. The urge to open your bowels can be sudden, giving you little time to reach a toilet. So, it is a good idea to stay within easy reach of a toilet.

The laxatives may also cause nausea, stomach cramps and bloating.

Very rarely, patient have a severe reaction to the laxatives.

→ **Contact your GP or go your nearest emergency department (A&E)** if you feel significantly unwell, collapse or faint. Take this information sheet with you.

It is sensible to have a supply of the drinks you will need before starting your laxatives. See **box A**, below.

3 days before the endoscopy



Begin preparation for your endoscopy three days before your appointment, when you wake up that morning.

Increase how much fluids you drink to 200 mls (one large cup) every hour. This is to make the laxatives work better.

Start eating only low-fibre food (see [box B](#)).

Cut down alcohol to no more than one small glass of wine or one small bottle of beer per day.

1 day before the endoscopy



The day before your appointment you must **begin taking the laxatives, stop solid foods** and drink plenty of clear fluids (see [box A](#)).

When you start this depends on what time your endoscopy is booked for. The tables, below, set out the details.



Morning endoscopy (8am to 12.45 appointments)

Day before	
3pm	Stop all solid food until after endoscopy. For the rest of the day, do not drink just water . Drink at least one additional litre of clear fluids (see box A). It is important you drink sugary drinks for the energy and savoury drinks for the salt. Otherwise, you may feel weak or dizzy and you may even faint.
5pm to 5.30pm	Take the first dose of Plenvu, labelled 'Dose 1'. See box C .
5.30pm to 6pm	Drink a further 500ml of clear fluid over 30 minutes. There is no need to rush.
8pm	Take the second dose of Plenvu, labelled 'Dose 2 Sachet A' and 'Dose 2 Sachet B'. See box C .
8.30pm to 9pm	Drink a further 500ml of clear fluid over 30 minutes. There is no need to rush.
Day of appointment	
4 hours before	Stop all fluids apart from sips of water.
2 hours before	Stop drinking water until after endoscopy.


Afternoon endoscopy (1pm to 5.30pm appointments)

Day before	
4pm	Stop all solid food until after endoscopy. For the rest of the day, do not drink just water . Drink at least one additional litre of clear fluids (see box A). It is important you drink sugary drinks for the energy and savoury drinks for the salt. Otherwise, you may feel weak or dizzy and you may even faint.
6pm to 6.30pm	Take the first dose of Plenvu, labelled 'Dose 1'. See box C .
6.30pm to 7pm	Drink a further 500ml of clear fluid over 30 minutes. There is no need to rush.
Day of appointment	
7am	Take the second dose of Plenvu, labelled 'Dose 2 Sachet A' and 'Dose 2 Sachet B'. See box C .
7.30am to 8am	Drink a further 500ml of clear fluid over 30 minutes. There is no need to rush.
4 hours before	Stop all fluids apart from sips of water.
2 hours before	Stop drinking water until after endoscopy.

Box A

Clear fluids	Avoid
 water squash, fizzy drinks, apple juice, orange juice, black tea or coffee (sugar is allowed), Oxo/Bovril/Marmite, Horlicks (made with water), Ovaltine (made with water), hot chocolate (made with water), consommé, lemon or lime jelly, sorbet (no fruit bits)	 milk, milkshakes, smoothies, red-coloured drinks, fruit juice with 'bits', alcohol, soup, ice cream

Box B

Low fibre food you can eat	Foods to avoid
Cereals	
 Rice Krispies	 All breakfast cereals except Rice Krispies
Dairy	
 milk, cream butter or spread cheese smooth yogurts (no bits)	
Soup	
 clear soups	
Protein	
 tender meat white fish eggs tofu, Quorn	 nuts, including coconut seeds nut roast
Fruit and vegetables	
 boiled or mashed potatoes (peeled), courgettes (peeled), cucumber (peeled), cauliflower florets, marrow flesh, parsnips (peeled), radish, apples, bananas, pears, lychees (all fruit must be peeled), grapefruit (avoid pith)	 jacket potatoes All fruit and vegetables not mentioned on the 'food you can eat' list, juice with 'bits', beans and pulses
Bread and starchy food	
 white bread cream crackers white rice white pasta orkshire puddings	 Avoid all bread except for white bread oatmeal, oat bran and oat germ rye flour bran
Fruit and vegetables	
 marmalade (no shred), honey, marmite	 jams, pickles, chutney

Low fibre food you can eat**Foods to avoid****Snacks and puddings**

crisps
 plain biscuits, such as Rich Tea, shortbread,
 malted milk or Nice biscuits
 plain madeira cake
 ice lollies
 ice cream
 plain or milk chocolate (no nuts/fruits)



digestive biscuits
 biscuits containing
 bran

Box C**How to take laxatives**

- The **first dose** of Plenvu needs a single sachet (labelled 'Dose 1'). Empty the sachet into a jug. Add water to make up to 500ml. Stir until the powder has dissolved. This may take up to eight minutes so it is a good idea to prepare it in advance.


Drink one glass every 10 minutes until the jug is empty. You can take it in slow sips, there is no need to rush. You may add ice if you wish.

- The **second dose** of Plenvu needs two sachets (labelled 'Dose 2 Sachet A' and 'Dose 2 Sachet B'). Empty both sachets into a jug together. Add water to make up to 500ml. Stir until the powder has dissolved. This may take up to eight minutes so it is a good idea to prepare it in advance.

Drink one glass every 10 minutes until the jug is empty. You can take it in slow sips, there is no need to rush. You may add ice if you wish.

Contacts

Endoscopy nurses helpline 020 8934 6614 (2pm to 4pm only)

<p>Translate</p>	<p>Please speak to a member of staff before or during your visit to the hospital if you require translation.</p>
<p>Accessibility</p>	<p>Please contact the Patient Experience Team on 020 8934 3850 if you need this information in a different format. For information accessibility please visit Kingston Hospital AccessAble www.accessable.co.uk/kingston-hospital-nhs-foundation-trust</p>
<p>Support services</p> <p>Visit the hospital website, ask a member of staff, or ring us for details.</p> <p>www.kingstonhospital.nhs.uk</p> <p>Switchboard 020 8546 7711</p> 	<ul style="list-style-type: none"> • 'Find Us' page for maps, transport, registering a blue badge, disabled access • Information, advice and support for patients and relatives (PALS) 020 8934 3993 • Pastoral and Spiritual Support 020 8546 7711 • Learning Disability Liaison Team 020 8934 6895