Coastal Gastroenterology
Wexford Medical Centre, Level 3, Suite 46, 3 Barry Marshall Parade, Murdoch WA 6150
Phone 63890631 | info@coastalgastro.com.au

Patient summary

Patient: Not provided
Procedure date: To be confirmed with the clinic
Admission: Morning arrival: 07:00
Times shown in: Australia/Perth

Your saved instructions

- Prep starts 7 days before your procedure.
- Checklist steps in this plan: 8 (0 completed).
- Follow these instructions unless your doctor or the clinic advises otherwise.

Contact notes

- Coastal Gastroenterology - 63890631 - info@coastalgastro.com.au
- Admission help (St John of God): 1300 863 566 - https://www.sjog.org.au/patients-and-visitors/my-admission

Colonoscopy prep checklist

MORNING ARRIVAL: 07:00

Tick each step as you complete it and bring this sheet with you.

0 of 8 steps completed

- [ ] **Read all prep instructions carefully before you start**
  Follow the steps as detailed unless your doctor or clinic staff advise otherwise.
- [ ] **Confirm the clinic knows about blood-thinning and diabetes medications**
  Do not stop any medication unless a clinician tells you to.
- [ ] **Complete your online admission registration at St John of God Hospital**
  IMPORTANT: Please commence your admission process by registering at: https://www.sjog.org.au/patients-and-visitors/my-admission. If you need assistance with the admission process, please call St Johns on 1300 863 566.
- [ ] **Buy your bowel prep from the pharmacy**
  1 box of Plenvu (3 sachets) - no prescription needed.
- [ ] **Start your low-fibre diet 4 days before the procedure**
  Choose white bread, white rice, eggs, fish, poultry, tofu, and peeled fruit.
- [ ] **The day before: light breakfast from the white diet list, then clear fluids only from 8.00am**
  Your procedure is in the morning. Have a light breakfast from the white diet list, then take clear fluids only from 8.00am for the rest of the day. Clear fluids are water, clear broth, clear juices, black coffee/tea, plain jelly, and ice blocks.
- [ ] **Take your prep solution exactly as instructed**
  AM and PM schedules differ - follow the timing for your arrival time.
- [ ] **Arrive on time with your Medicare Card, Health Insurance Details, and a ride home**
  St John of God Hospital Murdoch - stop drinking 2 hours before arrival.

Scan for your prep guide
clear-prep-path.lovable.app

Bowel prep doses - morning admission

- [ ] **Plenvu Dose 1 (7:00 PM)**
  Drink your first dose of Plenvu slowly over 60 minutes, plus an additional 500ml of clear fluid.

- [ ] **Plenvu Dose 2 (4:00 AM)**
  Drink Dose 2 plus an additional 500ml of clear fluid slowly over 60 minutes (or start 4 hours before your admission time).

Your reminder schedule

Morning arrival: 07:00

Review prep instructions and confirm appointment (7 days before, 9:00 am)

Start your low-fibre diet (4 days before, 9:00 am)

Check your pharmacy shopping list (3 days before, 9:00 am)

Last chance: pharmacy shopping list (1 day before, 7:00 am)
7:00 PM - Plenvu Dose 1

Clear liquids only today (1 day before, 8:00 am)
7:00 PM - Plenvu Dose 1

Procedure day (Procedure day, 6:00 am)
4:00 AM - Plenvu Dose 2

Reminders summary

Check-ins on: Review prep instructions and confirm appointment, Start your low-fibre diet, Check your pharmacy shopping list, Last chance: pharmacy shopping list, Clear liquids only today, Procedure day
Lead times: Clinic defaults
Send hour: Clinical default per check-in
Date range: 7 days before to Procedure day
Timezone: Times shown in Australia/Perth (AWST)

Questions about medications, diet, or timing?

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