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

Your saved instructions

- Prep products included: Plenvu
- Dose times shown for both morning and afternoon admissions.
- 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

When to take your Plenvu

Follow the steps for your admission time and tick each one as you complete it.

Morning admission

- [ ] **Light breakfast, then clear fluids only (Day before, from 8.00am)**
  Eat a light breakfast BEFORE 8.00am (e.g. egg on white toast, cornflakes or Rice Bubbles, plain croissant or crumpets), then clear fluids only from 8.00am - no solid foods. Clear fluids include water, fizzy drinks, clear strained soup, clear stock, jelly, cordial (yellow and orange colours only), and black tea and coffee. Make up Dose 1 and store it in the refrigerator.

- [ ] **Plenvu Dose 1 (Day before, 7.00pm)**
  Drink your first dose of Plenvu slowly over 60 minutes, then drink an additional 500ml of clear fluid. Frequent watery bowel motions will occur - keep drinking clear fluids to prevent dehydration.

- [ ] **Make up Dose 2 before bed (Day before, 9.00pm)**
  Before going to bed, make up Dose 2 of Plenvu, cover it and store it in the refrigerator.

- [ ] **Plenvu Dose 2 (Procedure day, 4.00am)**
  At 4.00am - or 4 hours before your admission time - drink Dose 2 of Plenvu plus an additional 500ml of clear fluid SLOWLY over 60 minutes. Peppermint tea beforehand can help; alternate 1 sip of Plenvu with 1 sip of clear fluid, and drinking through a straw can help.

- [ ] **Medications, then water only (Procedure day, 5.00am)**
  Take your regular medications with a sip of water 60 minutes after completing your preparation. Continue to drink water only until 2 hours before your procedure - NIL BY MOUTH from 2 hours before.

Afternoon admission

- [ ] **Light breakfast, then clear fluids only (Day before, from 10.00am)**
  Eat a light breakfast BEFORE 10.00am (e.g. egg on white toast), then clear fluids only from 10.00am - no solid foods. Clear fluids include water, fizzy drinks, clear strained soup, clear stock, jelly, cordial (except red or green), and black tea and coffee. Aim for about 2 litres (8-10 glasses) through the day, not counting the bowel preparation.

- [ ] **Regular medications (Procedure day, 5.30am)**
  Take your regular medications with a sip of water.

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

- [ ] **Plenvu Dose 1 (Procedure day, 6.00am)**
  Over 30 minutes, drink Plenvu Dose 1 mixed in 500ml of water, then drink an additional 500ml of clear liquid. Frequent bowel motions will occur - keep drinking water or clear fluids to prevent dehydration.

- [ ] **Plenvu Dose 2 (Procedure day, 8.00am)**
  Over 30 minutes, drink Plenvu Dose 2 (sachets A & B) mixed in 500ml of water, then drink an additional 500ml of water or clear liquid. Finish ALL Plenvu solution BEFORE 10.00am.

- [ ] **Water only until fasting (Procedure day, from 10.00am)**
  From 10.00am until 2 hours before your procedure, drink WATER ONLY. NIL BY MOUTH from 2 hours before your procedure.

Tips for Plenvu

- Peppermint tea before the second dose can help.
- Alternate 1 sip of Plenvu with 1 sip of a flavoured clear fluid - drinking through a straw can help.
- Keep sipping clear fluids between doses to prevent dehydration.

Please read these instructions carefully and follow the prep instructions as detailed, unless your Doctor or the staff at the clinic advise other instructions.

Questions about medications, diet, or timing?

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Admission: St John of God Hospital Murdoch, Gate 1, Barry Marshall Parade, Murdoch WA 6150
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.