



Day: _____ Date: _____

3 Days Prior to your procedure, start a "low residue diet"**AVOID FOODS THAT CONTAIN NUTS, WHOLE GRAINS, SKINS, SEEDS OR FIBRE****THERE IS A SUGGESTED MENU FOR THESE 3 DAYS ON THE BACK PAGE**

The following table suggests types of foods to avoid and those allowed during these 3 days.

✘ AVOID	✔ ALLOWED
Wholegrain bread, fibre enriched white bread, wholemeal (brown) rice or pasta, corn meal, cereals, muesli, muesli bars, oats (porridge)	English muffins, croissant, French toast, plain white bread, white toast, panini. Cornflakes, Rice Bubbles, white flour, white pasta, white rice
Casseroles or dishes containing vegetables	Lean beef, pork, lamb, veal, fish, poultry, eggs sausages, bacon, meat curries (no onion) Plain meat / steak and bacon pies, tofu, meat substitutes
Strawberries, passionfruit, citrus fruit, grapes, tomato, capsicum, peas, corn, onions Legumes, such as baked beans or kidney beans, lentils, barley, split peas All fruit and vegetable skins and seeds	Clear strained fruit juice (clear apple, clear pear), strained vegetable juice (V8) Skin free pumpkin and potato (mashed, steamed, baked), potato salad - with mayonnaise, egg, ham
Coconut, dried fruit, nuts, sultanas, raisins, seeds eg linseed, sesame, sunflower, poppy Fruit yoghurt, Jevity, Sustagen Hospital with fibre, Nutrison Multi Fibre	All milks, plain yoghurt, cheese, white sauces, sour cream, butter, margarine, oil, mayonnaise, vanilla ice cream, meringue, custard
Jams and marmalades with skins, seeds or peel, peanut butter, mustard, most relishes	Vegemite, honey, lemon butter, cheese spread, fish and meat paste
AVOID ALL FIBRE SUPPLEMENTS SUCH AS: Metamucil, Normafibe, Normacol Plus, Nucolox, Psyllium, Benefiber, Fybogel	Include at least 6 - 8 glasses of fluid per day: Strained broths, clear soups, beef tea, soup cubes, water soda water, tea, coffee, cordial, Bonox, Bovril, Milo, Aktavite, Sustagen, Ensure, Digestilact

Suggested "Low Residue" Menu Plan only

This menu plan is a suggestion only and is not intended for long term use, as it contains fewer vegetables and fruits than recommended in a balanced diet.

Breakfast

- Juice - apple, cranberry, pear, white grape
- Plain yoghurt (no fruit or nut topping)
- Small bowl Cornflakes or Rice Bubbles
- 2 eggs poached, boiled or scrambled
- Bacon, sausage
- Hash browns
- 1 slice white toast
- French toast, cinnamon sugar
- Plain mince, vegemite, honey
- Croissants - plain or ham and cheese
- Low fibre muffin - no fruit or nuts
- Crumpets and honey
- Pancakes with syrup
- Chocolate brioche
- Tea, Coffee, Water

Lunch / Dinner

- Clear soups, broths, chicken noodle soup
- Fish, steak, chops, ham, chicken, turkey
- Potato or pumpkin (skinless), baked, steamed, mashed, potato salad
- Pasta carbonara or macaroni
- Cheese (no tomato paste or bottled sauces)
- Sandwiches - white bread / roll
- Panini: chicken, ham (no mustard), tuna, turkey, pastrami, corned beef, cheese, egg
- Baked rice custard: chocolate mousse
- Plain ice-cream
- Water, soft drink, tea, coffee

Snacks

- Cheese and plain crackers
- Rice cakes, protein bars (no nuts)
- Ham quiche
- Parmesan cheese sticks
- Wedges with sour cream
- Cake based on white flour
- Biscuits based on white flour
- Chocolate biscuits - no nuts
- Cheesecake - no wholemeal crust
- Scones with honey
- Pikelets with lemon & sugar or honey
- Waffles with syrup
- Vanilla slice (no passionfruit seeds), doughnut, custard danish or custard tart, Meringue kisses, milkshakes, egg flips, protein shake
- Clear sports drinks, tea, iced tea, coffee, hot chocolate
- Plain / chocolate Sustagen
- Ensure, Digestilact, water

PLENVU® PREPARATION INSTRUCTIONS:

MAKING UP PLENVU® DOSE 1 **Mango Flavoured**

You should make up PLENVU® Dose 1 when you need it, based on your dosing schedule.



OPEN

Open the carton and remove the **Dose 1** sachet



POUR

Pour the contents into a measuring container that can hold at least 500mL of fluid



ADD WATER

Add water to make up to 500mL



STIR

Stir until **all** the powder has dissolved. This may take several minutes

HOW TO DRINK PLENVU® DOSE 1

Once the powder has dissolved, PLENVU® Dose 1 can be drunk immediately, or kept at room temperature/chilled in the fridge for up to 24 hours before drinking.

Take PLENVU® Dose 1, drinking it slowly over 30 minutes. Follow PLENVU® Dose 1 with another **500mL of clear fluids*** over the next 30 minutes.

If you start to experience severe bloating, abdominal swelling or abdominal pain slow down or temporarily stop taking PLENVU® until the symptoms pass.

Stay hydrated! Continue to drink plenty of water or clear fluids before, during and after taking PLENVU®.

*Water is recommended, but you can also have soft drinks like tea or coffee without milk, clear fruit juice with no pulp, or herbal tea.

MAKING UP PLENVU® DOSE 2 **Fruit Punch Flavoured**

You should make up PLENVU® Dose 2 when you need it, based on your dosing schedule.



OPEN

Remove **Dose 2 sachet A** and **Dose 2 sachet B** from the PLENVU® carton



POUR

Pour the contents of both sachets into a measuring container that can hold at least 500mL of fluid



ADD WATER

Add water to make up to 500mL



STIR

Stir until **all** the powder has dissolved. This may take several minutes

HOW TO DRINK PLENVU® DOSE 2

Once the powder has dissolved, PLENVU® Dose 2 can be drunk immediately, or kept at room temperature/chilled in the fridge for up to 24 hours before drinking.

Take PLENVU® Dose 2, drinking it slowly over 30 minutes. Follow PLENVU® Dose 2 with another **500mL of clear fluids*** over the next 30 minutes.

PLENVU® can cause side effects, although not everybody gets them. It is not unusual to experience common side effects such as vomiting, nausea and dehydration. If you get any side effects talk to your healthcare professional.

Stay hydrated! Continue to drink plenty of water or clear fluids before, during and after taking PLENVU®.

*Water is recommended, but you can also have soft drinks like tea or coffee without milk, clear fruit juice with no pulp, or herbal tea.

THE DAY BEFORE YOUR PROCEDURE.

Day: _____ Date: _____

Follow the instructions appropriate to your procedure time

MORNING PROCEDURE

On the day before your procedure you can have Breakfast, still avoiding foods containing nuts, grains, skins, seeds or fibre

ONLY CLEAR FLUIDS FROM BREAKFAST UNTIL INSTRUCTED Refer to bottom of page – Clear Fluids Table

At 2pm prepare your first 1L of PLENVU® by mixing sachet A & B in 1L of water then chill. Prepare your 500 mL (2cups) of CLEAR FLUIDS from clear fluids table below. Full PLENVU® mixing instructions on Back Page

At 4pm start consuming your PLENVU®. Over the next 1 ½ Hrs (90mins) drink the 1L of PLENVU® plus 500 mL (2 cups) of clear fluids. Begin with PLENVU® but the clear fluids can be interspersed with the prep if preferred. It is important to finish ALL the PLENVU® and CLEAR FLUIDS.

CONTINUE DRINKING CLEAR FLUIDS At 6pm prepare your second 1L of PLENVU® by mixing sachet A & B in 1L of water then chill. Prepare your 500 mL (2cups) of CLEAR FLUIDS from clear fluids table below.

At 8pm start consuming your second 1L of PLENVU®. Over the next 1 ½ Hrs (90mins) drink the 1L of PLENVU® plus 500 mL (2 cups) of clear fluids. Begin with PLENVU® but the clear fluids can be interspersed with the prep if preferred. It is important to finish ALL the PLENVU® and CLEAR FLUIDS.

AFTERNOON PROCEDURE

On the day before your procedure you can have Breakfast and Lunch still avoiding foods containing nuts, grains, skins, seeds or fibre

ONLY CLEAR FLUIDS FROM LUNCH UNTIL INSTRUCTED Refer to bottom of page – Clear Fluids Table

At 4pm prepare your first 1L of PLENVU® by mixing sachet A & Bin 1L of water then chill. Prepare your 500 mL (2cups) of CLEAR FLUIDS from clear fluids table below. Full PLENVU® mixing instructions on Back Page

At 6pm start consuming your PLENVU®. Over the next 1 ½ Hrs (90mins) drink the 1L of PLENVU® plus 500 mL (2 cups) of clear fluids. Begin with PLENVU® but the clear fluids can be interspersed with the prep if preferred. It is important to finish ALL the PLENVU® and CLEAR FLUIDS.

CONTINUE DRINKING CLEAR FLUIDS Before going to bed prepare your second 1L of PLENVU® by mixing sachet A & B in 1L of water then chill. Prepare your 500 mL (2cups) of CLEAR FLUIDS from clear fluids table below.

At 6am start consuming your second 1L of PLENVU®. Over the next 1 ½ Hrs (90mins) drink the 1L of PLENVU® plus 500 mL (2 cups) of clear fluids. Begin with PLENVU® but the clear fluids can be interspersed with the prep if preferred. It is important to finish ALL the PLENVU® and CLEAR FLUIDS.

This solution is designed to give you watery diarrhoea. Your bowel motions will become clearer and clearer and will eventually look like urine, yellow water or beer. Please check the toilet bowl to see whether this is happening. If required apply a water repellent cream (lanolin, Vaseline, Amolin) to your anal area once the diarrhoea commences.

If you are unsure of any aspects of the preparation or you are having an adverse reaction or any problems, ring the number you have been given.

You have now completed your preparation for your examination. It is important to consume **ONLY CLEAR FLUIDS** until otherwise instructed. Remember your Stop Clear Fluids Time this is important for your procedure to be successful.

Whilst on Clear Fluids you are allowed

- Water, Black tea, Black coffee
- Cordial - orange or lemon **NO red, green, purple or blue**
- Fruit Juice - pulp free orange or clear apple
- Clear Soup - strain bits out before drinking
- Yellow or orange jelly
- Sports Drinks eg Gatorade or Powerade **NO red, green, purple or blue**
- Beef tea e.g. Bovril, Bonox
- Soup cubes eg stock cube in hot water