

Colonoscopy Patient Information Sheet

You have been scheduled for a colonoscopy. This procedure allows your doctor to examine the inside of your large bowel (colon and rectum) using a thin, flexible tube with a camera. It is commonly performed to investigate symptoms such as rectal bleeding, changes in bowel habits, unexplained abdominal discomfort, or as part of bowel cancer screening.

Important Pre-Procedure Instructions

1. You must arrange for someone to drive you home after the procedure, as sedation will be used.
2. Please stop eating solid food the day before your procedure. Follow the bowel preparation instructions below.
3. Continue most of your usual medications unless otherwise instructed. Let us know if you take blood thinners, diabetes medication, or iron supplements.

Bowel Preparation Using Plenvu

To ensure a clear view during the procedure, your bowel must be completely clean. We use a bowel preparation called Plenvu. It is essential that you follow the instructions carefully to avoid the need to repeat the test.

You will receive one box of Plenvu, which contains two sachets (A and B).

There are two main ways to take Plenvu:

- ****Split-Dose Regimen (preferred)****: Take one dose the evening before, and the second dose early in the morning on the day of the procedure (usually starting 4–6 hours before your appointment time).
- ****Same-Day Regimen****: If your procedure is scheduled in the afternoon, you may be advised to take both doses on the same day.

Each dose is mixed with 500 mL of water. After each dose, you must drink an additional 500 mL of clear fluid over the next hour.

Clear fluids include: water, apple juice, lemonade, clear broth, black tea or coffee (no milk). Avoid red or purple liquids.

For more detailed preparation instructions and videos, please visit the official website: <https://www.myplenvu.com/>

What to Expect on the Day

- You will be admitted to the endoscopy unit and given sedation by an anaesthetist.
- The procedure usually takes 20–30 minutes.

- You will stay in recovery for 1–2 hours before discharge.

After the Procedure

- You may feel bloated or pass gas for a few hours.
- A written report will be provided, and a follow-up appointment will be arranged to discuss results.

Contact Us

If you have questions, concerns, or need to reschedule, please contact WA Surgery.