

# Patient instructions for gastroscopy and colonoscopy using Plenvu laxative solution

Gastroscopy refers to the examination the esophagus, stomach and beginning of the small intestine with a flexible endoscope. The examination is performed with the patient lying on their left side. The examination takes around 10 minutes. During the endoscopy, mucous membrane samples are taken; taking the samples is painless.

Colonoscopy refers to the examination of the entire large intestine up to the caecum or the end of the small intestine. The endoscope is a flexible tube through which mucous membrane samples can be taken and procedures performed, if necessary.

**It is important that the bowel is well emptied, so that it can be reliably examined.**

## Preparing for the examination

Buy **1 pack of Plenvu laxative solution** from the pharmacy. Follow the preparation instructions below, **NOT** the instructions on the Plenvu package.

## For one week before the examination

**Do not eat whole berries, fruit, vegetables, or bread containing whole small seeds.** The seeds can block the endoscope.

Try to ensure that you empty your bowels daily for a week before the examination. If necessary, use constipation medication available at pharmacies.

## On the day before the procedure

Eat only broth-like foods (e.g. gruel, broth, puréed soup, yoghurt) or food supplement drinks found at pharmacies. Solid food must not be eaten.

Prepare **the first dose of Plenvu** and drink it between **17:00 and 18:00** and then drink half a liter of energy-rich fluids, not milk.

The laxative solution is not absorbed through the bowel, nor does it provide nutrition, but instead cleanses your bowels.

In addition, drink 1-2 liters of other **energy-rich** fluids during the evening (e.g. coffee or tea, juice, lemonade, broth). Exercise helps to empty your bowels. Irritated skin around the anus can be treated by spraying and moisturizing.

## On the examination day

Prepare **the second dose of Plenvu** and drink it **3-4 hours before the examination**. Then drink half a liter of energy-rich fluids, no milk. In addition, drink 1-2 liters of other **energy-rich** fluids during the morning. Due to the gastroscopy, you should not drink **for 2 hours before the examination**, please note this when drinking the laxative solution and other fluids.

## If you are taking

1. Insulin: see appendix
2. Iron medication: pause it for one week before the examination
3. Marevan: take the medication as usual according to the current instructions. Take an INR blood test 1-2 days before the examination. The referral is ready at the laboratory.
4. Pradaxa, Eliquis, Lixiana and Xarelto should not be taken on the morning of the examination.
5. Other regular medications may be taken as usual