

# Preparation for a colonoscopy with PLEINVUE® when bowel movements are regular

## Gastrointestinal examinations

It is essential that your bowels are thoroughly cleansed for a colonoscopy. Only then can the doctor properly examine the bowel wall and detect any abnormalities. If your bowels are not clean enough on the day of the examination, the colonoscopy may not be able to take place. Therefore, carefully read the information in this leaflet and follow all steps precisely.

To prepare, you will follow a low-fiber diet and use the laxative PLEINVUE® according to the schedule in this leaflet. Do not use the pharmacy's package insert.

### 3 days before the examination: start a low-fiber diet

Begin a low-fiber diet. Fibers can interfere with visibility inside the bowel, making it difficult to properly perform the examination. In the **Diet Overview** (on page 3), you will find which foods and drinks you may and may not consume in the 3 days before the procedure.

### 1 day before the examination: start taking the laxative

Today you will start using the laxative PLEINVUE®.

- You have received this laxative at home or were given it during the intake appointment.
- If you do not have PLEINVUE® at home 4 days before your examination, please contact us. You will find our phone number at the bottom of this leaflet.

#### Schedule for taking the laxative – 1 day before the examination

What you may and may not eat and drink can be found in the **Diet Overview**.

<b>06:00 – 11:00</b>	Light breakfast. Eat a small portion
<b>11:00 – 15:00</b>	Light lunch. Eat a small portion. <b>After this: do not eat again until after the examination.</b> From this moment on, only <b>clear fluids</b> are allowed.
<b>Around 15:00</b>	Prepare the 1st dose of the laxative PLEINVUE®. ➔ See <b>Instructions for Preparing PLEINVUE®</b> (on page 4).
<b>18:00 – 19:30</b>	Drink the <b>1st dose</b> of the laxative. Take at least <b>1.5 hours</b> to drink it. Alternate with at least <b>500 ml</b> of clear fluids. ➔ Bowel movements usually begin a few hours after starting, but this may occur earlier or later, even after taking the 2nd dose. ➔ Keep in mind that you will need to use the toilet more frequently after starting the laxative, including during the night.
<b>After 19:30</b>	Continue to drink plenty of clear fluids. The more you drink, the cleaner the bowel will be.
<b>Before going to bed</b>	Prepare the <b>2nd dose</b> (see <b>Instructions for Preparing PLEINVUE®</b> ). Place it covered in the refrigerator. <b>You will drink this dose tomorrow.</b> ➔ <b>Note:</b> you will start drinking the 2nd dose 4 hours before the examination. <b>If your examination is early in the morning</b> , you will need to drink the laxative during the night.

## Day of the examination

<b>Morning</b>	You may <b>not have breakfast</b> . Start with a cup of warm water or tea before you begin taking the laxative. This helps reduce possible nausea.
<b>4 hours before the examination</b>	Drink the <b>2nd dose</b> of PLEINVUE®. Take at least <b>1.5 hours</b> to drink it. Alternate with at least <b>500 ml</b> of clear fluids (see <b>Diet Overview</b> ). ➔ Drink the 2nd dose of PLEINVUE®. Take at least 1.5 hours to drink it. Alternate with at least 500 ml of clear fluids (see Diet Overview). ➔ If it makes you feel more at ease, you may take the laxative 5 hours before the examination, for example if you have a long journey to our clinic.  <b>Important:</b> If your bowels have not started to move <b>1 hour after taking the 2nd dose</b> , please contact us (phone number at the bottom of this leaflet).
<b>From 2 hours before the examination</b>	You may not drink anything and you may not smoke. If you take medication, please read <b>Medication Use</b> (on page 5) to check whether you may still take it.

### Important

Sometimes you may vomit during or after drinking the laxative. This is unpleasant, but usually not a problem. Continue drinking plenty of clear fluids. The bowel cleansing will usually still work properly.

After drinking PLEINVUE®, you may experience bloating, abdominal cramps, and/or nausea. You may also develop some irritation around the anus. This is normal.

Please contact us immediately if you experience any of the following symptoms:

- Severe abdominal pain and/or excessive vomiting
- Sudden skin rash or itching
- Shortness of breath
- Swelling of your face and/or tongue

### Colour of the stool

Your preparation for the examination has been successful if the stool is yellow and clear. The stool is considered clear when you can see through it. If the stool is still not the right colour after taking the laxative, drink one or more glasses of water until the stool becomes yellow and clear. If your stool is still not clear on the day of the examination, please inform the nurse.

### Toilet tips

- Use moist toilet paper to prevent irritation of the skin.
- Treat irritated skin with Sudocrem®. Do not use Vaseline, as it can leave a greasy film on the lens of the endoscope, reducing visibility.
- After taking the laxative, you may continue your normal activities at home, but stay close to a toilet.

## Dieet Overview

**Note:** This diet overview applies from 3 days before the examination up to and including the light lunch on the day before the examination. After that, you may no longer eat, and only clear fluids are allowed (no milk or buttermilk).

If you are unsure about a product: if it is not listed, you may not eat or drink it.

	✓ Allowed	✗ Not allowed		
<b>Drinks</b>	<b>Clear fluids:</b> <ul style="list-style-type: none"> <li>• Water</li> <li>• Clear broth</li> <li>• Herbal tea</li> <li>• Black tea or iced tea (non-carbonated)</li> <li>• Coffee (without milk; sugar is allowed)</li> <li>• Diluted syrups (no red/purple colours)</li> <li>• Soft drinks without carbonation and without pulp (no red/purple colours)</li> </ul>	<ul style="list-style-type: none"> <li>• Carbonated soft drinks</li> <li>• Fruit juices with pulp</li> <li>• Red/purple syrups</li> <li>• Alcoholic drinks</li> </ul>		
<b>Dairy products</b>	<ul style="list-style-type: none"> <li>• Milk / Buttermilk</li> <li>• Custard/quark/yoghurt/pudding (without pieces)</li> </ul>	<ul style="list-style-type: none"> <li>• Custard/quark/yoghurt/pudding with pieces</li> </ul>		
<b>Bread and grain products</b>	<ul style="list-style-type: none"> <li>• Rusk</li> <li>• White or light brown bread</li> <li>• Vermicelli</li> <li>• Potatoes</li> <li>• White rice</li> <li>• Pasta/macaroni (not wholegrain, spelt, etc.)</li> <li>• Couscous (not wholegrain, spelt, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• Wholemeal bread</li> <li>• Seeded bread</li> <li>• Wholemeal or multigrain pasta</li> <li>• Brown rice</li> </ul>		
<b>Spreads / Toppings</b>	<ul style="list-style-type: none"> <li>• Margarine or butter</li> <li>• Chicken fillet (unseasoned)</li> <li>• Egg (boiled or fried)</li> <li>• Chocolate spread, chocolate sprinkles</li> <li>• Honey</li> <li>• Apple syrup</li> <li>• Jam/Jelly without seeds</li> <li>• Cheese without seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Ossenworst (raw beef sausage), salami, roast beef, smoked beef, filet americain</li> <li>• Peanut butter</li> <li>• Jam/Jelly with fruit pieces or seeds</li> <li>• Cheese with seeds, such as cumin cheese</li> </ul>		
<b>Meat and meat substitutes</b>	<ul style="list-style-type: none"> <li>• Small meatballs (as in soup)</li> <li>• Soup with small pieces of meat and vegetables (cauliflower, broccoli or carrots)</li> <li>• Lightly cooked lean meat, fish or chicken (without skin)</li> <li>• Tofu and seitan</li> </ul>	<ul style="list-style-type: none"> <li>• Tempeh</li> <li>• Falafel</li> <li>• Meat substitutes (such as veggie burgers, vegetarian schnitzels or vegetarian minced meat)</li> </ul>		
<b>Vegetables, fruits and nuts</b>	<ul style="list-style-type: none"> <li>• Canned fruit without seeds</li> <li>• Applesauce</li> <li>• Fruit purée</li> <li>• Apple without peel and core</li> <li>• Banana</li> <li>• Cauliflower (cooked)</li> <li>• Broccoli (cooked)</li> <li>• Carrots (cooked)</li> </ul>	<table border="0"> <tr> <td> <ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Celery</li> <li>• Sauerkraut</li> <li>• Runner beans</li> <li>• Green beans</li> <li>• Spinach</li> <li>• Endive</li> <li>• Bell pepper</li> <li>• Raw vegetables</li> <li>• Beetroot</li> <li>• Leek</li> <li>• Peas</li> <li>• Mushrooms (button mushrooms, shiitake, oyster mushrooms)</li> </ul> </td> <td> <ul style="list-style-type: none"> <li>• Bean sprouts</li> <li>• Corn</li> <li>• Tomatoes (and tomato sauce)</li> <li>• Onion</li> <li>• Garlic</li> <li>• Lentils</li> <li>• Chickpeas</li> <li>• Orange</li> <li>• Grapefruit</li> <li>• Mandarin</li> <li>• Kiwi</li> <li>• Blackberries</li> <li>• Grapes</li> <li>• Strawberries</li> <li>• Dried fruit</li> <li>• Nuts and peanuts</li> </ul> </td> </tr> </table>	<ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Celery</li> <li>• Sauerkraut</li> <li>• Runner beans</li> <li>• Green beans</li> <li>• Spinach</li> <li>• Endive</li> <li>• Bell pepper</li> <li>• Raw vegetables</li> <li>• Beetroot</li> <li>• Leek</li> <li>• Peas</li> <li>• Mushrooms (button mushrooms, shiitake, oyster mushrooms)</li> </ul>	<ul style="list-style-type: none"> <li>• Bean sprouts</li> <li>• Corn</li> <li>• Tomatoes (and tomato sauce)</li> <li>• Onion</li> <li>• Garlic</li> <li>• Lentils</li> <li>• Chickpeas</li> <li>• Orange</li> <li>• Grapefruit</li> <li>• Mandarin</li> <li>• Kiwi</li> <li>• Blackberries</li> <li>• Grapes</li> <li>• Strawberries</li> <li>• Dried fruit</li> <li>• Nuts and peanuts</li> </ul>
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## Instructions for Preparing PLEINVUE®

You have received one box of PLEINVUE®, which contains 3 sachets.

- **Dose 1:** one large sachet.
- **Dose 2:** two sachets: dose 2A and dose 2B.

### Preparation of PLEINVUE® dose 1:

You prepare PLEINVUE® dose 1 when you need it according to your dosage schedule:

**mango flavour**

- 1 Open**  
Open the box and take the dose 1 sachet out of the box.
- 2 Pour**  
Put the content of the sachet in a measuring cup big enough to hold 500ml of liquid.
- 3 Add water**  
Add water until you have a total of 500ml of liquid.
- 4 Stir**  
Stir until the powder has dissolved. This can take up to 8 minutes.
- 5 Store**  
After preparation, you can leave the solution covered in the refrigerator for at most 24 hours.
- 6 Drink**  
Drink the solution, alternating with at least 500ml of clear fluid.
- 7 Time schedule**  
Take at least an hour and a half to consume both dose 1 (500ml) and the clear fluid (500ml).

### Preparation of PLEINVUE® dose 2:

You prepare PLEINVUE® dose 2 when you need it according to your dosage schedule:

**fruit flavour**

- 1 Open**  
Remove the dose 2A and dose 2B sachets from the box.
- 2 Pour**  
Put the content of the 2 sachets in a measuring cup big enough to hold 500ml of liquid.
- 3 Add water**  
Add water until you have a total of 500ml of liquid.
- 4 Stir**  
Stir until the powder has dissolved. This can take up to 8 minutes.
- 5 Store**  
After preparation, you can leave the solution covered in the refrigerator for at most 24 hours.
- 6 Drink**  
Drink the solution, alternating with at least 500ml of clear fluid.
- 7 Time schedule**  
Take at least an hour and a half to consume both dose 2 (500ml) and the clear fluid (500ml).

## Tips for taking the laxative

- Drink the laxative chilled for a better taste. If you prefer not to drink it cold, it is best to prepare the laxative right before use.
- Use a sports bottle or straw so the liquid reaches further into the mouth.
- Alternate the laxative with at least 500 ml of clear fluids.
- Drink slowly to avoid feeling bloated or nauseous.
- Take a short break if you feel full or start feeling nauseous.
- If you feel thirsty, keep drinking plenty of clear fluids. Drinking more between dose 1 and dose 2 improves the cleansing effect and reduces nausea.
- You may use a mint (such as a Smint) in between for a fresh taste.
- It is beneficial to stay active during the preparation for the examination. Movement stimulates bowel activity. Taking a short walk can also help reduce nausea.

## Medication Use

Because of the bowel cleansing, medications are absorbed less effectively by your body and may therefore work less well. Contraception is also not reliable during this period. Please keep this in mind.

### Adjusting medication

- **Diabetes:** During your intake appointment, you were informed about how to adjust your medication for the examination. If this was not discussed, please contact us.
- **Blood thinners:** During the intake appointment, you were informed whether and when you need to temporarily stop taking these medications. If this was not discussed, please contact us one week before the examination. After the examination, you will be told when you may resume these medications.
- **Iron tablets:** You must stop taking iron tablets one week before the bowel examination. Iron can turn the bowel wall black, making it less visible during the colonoscopy. After the examination, you may resume taking iron tablets as usual.
- **Other medication:** You may take your other medication (so not insulin, blood thinners or iron tablets) up to 2 hours before the examination, together with the last sips of liquid. From 2 hours before the examination, you may no longer drink anything. From 1 hour after the examination, you may resume your other medication as usual.

## Resuscitation

All patients at DC Klinieken are resuscitated in emergency situations. Do you have a do-not-resuscitate declaration, or have you discussed with your doctor that you do not want to be resuscitated? In that case, it is crucial that you inform us about your preferences.

## Emergency after a visit to DC Klinieken

In case of emergency, call: +31 (0) 88 0100 998.

## Emergency after a visit to DC Klinieken Dokkum

Patients of DC Klinieken Dokkum should call the following number in case of emergency:  
+31 (0) 88 0100 960.

## Insurance coverage

DC Klinieken has contracts with all health insurance providers. This means that almost all healthcare services are reimbursed, similar to in a hospital. However, you do need a referral from your general practitioner or specialist. Please be aware of your own risk/excess. For more information about reimbursements and possible exceptions, please refer to our website: [www.dcklinieken.nl/vergoedingen](http://www.dcklinieken.nl/vergoedingen).

## Questions

For more information and answers to frequently asked questions, please visit our website: [www.dcklinieken.nl/contact](http://www.dcklinieken.nl/contact) or contact our Service and Information Centre at +31 (0)88 0100 900.