

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



Patient information

Faeces make the intestinal wall less easy to see. Before this examination, it is therefore necessary to make sure your bowel is completely empty and clean. That is why you are to follow a diet and take the laxative PLEINVUE®. You start on the diet three days before the examination. You start taking the laxative the day before the examination. **Important note: read the entire folder carefully before starting to take the laxative.**

## Three days before the examination

Start on the low-fibre diet. Fibres can reduce the visibility in the bowel, making it difficult to conduct the examination. In the diet plan you can see which products you may eat and drink, and which not, during the three days before the examination.

## The day before the examination

Start taking the laxative PLEINVUE®. This laxative has been delivered to your home or you were given it during the intake talk. If PLEINVUE® has not arrived at your home by four days before the examination, please contact us. Our telephone number is given at the bottom of this folder. You will follow the instructions below.

- 06:00 – 11:00** You may enjoy a light breakfast (see Diet overview). Eat only a small portion.
- 11:00 – 15:00** You may enjoy a light lunch (see Diet overview). Eat only a small portion. Then you may not eat anything more until after the examination. You may consume clear drinks (see Diet overview).
- Around 15:00** You now prepare the 1st dose of the laxative PLEINVUE® (see Instructions for preparing PLEINVUE®). This can also be a bit earlier or later.
- 18:00 – 19:30** You now drink the laxative. Take an hour and a half to do so. Alternate the laxative with at least 500 ml of clear drinks (see Diet overview). Bowel movement often starts several hours after taking the laxative. It could start sooner or only after having taken a second dose. Be aware that after taking this laxative, you will have to go to the toilet more often, including at night.
- After 19:30** Keep consuming sufficient clear drinks (see Diet overview).
- Before bedtime** You already prepare the 2nd dose of the laxative (see Instructions for preparing PLEINVUE®). Place it covered in the refrigerator. You will drink the 2nd dose the next day. Be aware that you start drinking the laxative 4 hours before the examination. If your examination is tomorrow morning, this can mean that you have to drink the laxative in the night.

## Day of the examination

**Morning** You may not eat breakfast. Begin with a cup of warm water or tea before taking the laxative. This will help alleviate any nausea.

**4 hours before the examination** You now drink the laxative. Take an hour and a half to do so. Alternate the laxative with at least 500 ml of clear drinks (see **Diet overview**). Be aware that after taking this laxative, you will have to go to the toilet more often. If it makes you feel more relaxed, you may start taking the laxative 5 hours before the examination, for example, if you have a long journey to our clinic. **Important note:** If your bowel movement has not started one hour after taking the 2nd dose, please contact us. Our telephone number is given at the bottom of this folder.

**From 2 hours before the examination** You may not drink anything nor smoke. Are you taking any medication? See **Use of Medication** to ascertain whether you can still take your medication at this point.

### Important

It is not a problem if you have to vomit during/after taking the laxative. Definitely continue drinking sufficient clear drinks in any case. The intestinal cleaning probably works as usual.

After drinking PLEINVUE®, you can feel bloated or experience abdominal cramps and/or feel nauseous. Your anus may also feel a bit irritated. That is normal.

### Please contact us immediately if you experience 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 stools

The preparation for the examination is successful if the excrement turns yellow and clear. If the excrement does not have the right colour after taking the laxative, drink water (one or more glasses) until the excrement turns yellow and clear. If the excrement is still not clear on the day of the examination, inform the nurse.



Yellow and clear



Orange and almost clear



Dark and cloudy

## Use of medication

When taking laxatives, medicines are taken up less efficiently by your body and can work less effectively as a result. Oral contraception is no longer reliable. Please be aware of this.

### Adjusting medication

- Diabetes mellitus: During the intake talk, it was agreed with you how your medicines would need to be adjusted for the examination. If that is not the case, please contact us.
- Anticoagulants: During the intake talk, it was agreed with you whether and when you would need to stop taking these medicines temporarily. If that is not the case, please contact us one week before the examination. After the examination you will be told when you can start taking these medicines again.
- Iron tablets: You must stop taking iron tablets one week before the investigation. They turn your intestinal wall black, making it less visible during the colonoscopy. After the examination you can take the iron tablets as usual again.
- Other medication: You can take any other medication you normally take (not insulin, anticoagulants or iron tablets) 2 hours before the examination with the last mouthfuls of water. From 2 hours before the examination, you may not drink anything more. From 1 hour after the examination, you can take these other medications as usual.

### Toilet tips

- Use moist toilet paper or baby wipes instead of the standard toilet paper to prevent chapping of the skin.
- Use Sudocrem® to treat any chapped skin. Do not use Vaseline on dry skin while taking the laxative. Vaseline produces a fatty layer on the lens of the endoscope, which hinders sight.
- After taking a laxative, you can continue carrying out household chores as usual. Do remain within easy reach of a toilet.

### Diet overview

#### YOU MAY EAT AND DRINK THESE PRODUCTS

##### DRINKS (CLEAR DRINKS)

Water  
Clear broth  
Herbal tea  
Black tea or iced tea (without bubbles)  
Coffee (without milk, sugar is acceptable)  
Concentrated lemonade (not red/purple colour)  
Soft drinks not carbonated and without pulp (not red/purple colour)

##### BREAD AND GRAIN PRODUCTS

Biscuit  
White bread  
Light brown bread  
Vermicelli  
Potatoes  
White rice  
Pasta (not wholewheat)  
Macaroni (not wholewheat, spelt, etc.)  
Couscous (not wholewheat, spelt, etc.)

#### YOU MAY NOT EAT AND DRINK THESE PRODUCTS

##### DRINKS

Carbonated soft drinks  
Fruit juice with pulp  
Concentrated lemonade (red/purple colour)  
Alcoholic drinks  
Milk and buttermilk

##### BREAD AND GRAIN PRODUCTS

Wholemeal bread  
Bread with seeds  
Wholewheat and multigrain pasta  
Brown rice

##### BREAD TOPPINGS

Beef sausage/salami/smoked meat/roast beef/  
beef tartare  
Peanut butter  
Jam with pieces of fruit (pulp) and seeds  
Cheese with seeds and pips, like cumin cheese

## Continuation diet overview

### YOU MAY EAT AND DRINK THESE PRODUCTS

#### BREAD TOPPINGS

Margarine or butter  
Chicken fillet (without spices)  
Boiled or fried egg  
Chocolate sprinkles  
Chocolate spread  
Honey  
Apple jam  
Jam without seeds  
Cheese without seeds

#### MEAT / MEAT SUBSTITUTES

Soup meatballs  
Soup with pieces of meat and vegetables  
(cauliflower, broccoli or carrots)  
Lightly braised lean meat, fish or chicken  
(without skin)  
Tofu  
Seitan

#### FRUIT & VEGETABLES

Fruit preserves without seeds  
Applesauce  
Fruit compote  
Peeled and cored apple  
Banana  
Cauliflower (boiled)  
Broccoli (boiled)  
Carrots (boiled)

### YOU NOT EAT AND DRINK THESE PRODUCTS

#### MEAT / MEAT SUBSTITUTES

Tempeh  
Falafel  
Meat substitutes

#### LEGUMES

Lentils  
Chickpeas

#### VEGETABLES

Asparagus  
Celery  
Sauerkraut  
String beans  
Green beans  
Spinach  
Endive  
Peppers  
Raw vegetables  
Beetroot  
Leek  
Peas  
Bean sprouts  
Corn  
Mushrooms (button mushrooms, shiitake, oyster mushrooms)  
Tomatoes (sauce)  
Onion  
Garlic

#### FRUIT AND NUTS

Orange  
Grapefruit  
Satsuma  
Kiwi and blackberries  
Grapes  
Strawberries  
Dried fruit  
Nuts and peanuts

## Instructions for preparing PLEINVUE®

You received one package of PLEINVUE® containing 3 sachets. Dose 1 is one large sachet. Dose 2 is 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 smaak**

- 1** **Openen**  
Open the box and take the **dose 1** sachet out of the box.
- 2** **Inschenken**  
Put the content of the sachet in a measuring cup big enough to hold 500ml of liquid.
- 3** **Water toevoegen**  
Add water until you have a total of 500ml of liquid.
- 4** **Roeren**  
Stir until the powder has dissolved. This can take up to 8 minutes.
- 5** **Bewaren**  
After preparation, you can leave the solution covered in the refrigerator for at most 24 hours.
- 6** **Opdrinken**  
Drink the solution, alternating with at least 500ml of clear fluid.
- 7** **Tijdschema**  
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 smaak**

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

## Tips for taking the laxative PLEINVUE®

- Drink the laxative cooled to improve the taste. If you would rather not drink something cold, it would be better to prepare the laxative immediately before use.
- Drink the laxative from a water bottle or with a straw, so the liquid reaches further back in the mouth.
- Alternate the laxative with at least 500 ml of clear drinks.
- Drink slowly to prevent a bloated or nauseous feeling.
- You can briefly interrupt the drinking of the laxative if you feel bloated or nauseous.
- If you feel thirsty, keep drinking clear fluids. Drinking a lot between dose 1 and 2 produces a better laxative effect and reduces nausea.
- Try a Smint candy in between to feel fresher.
- Walking around can help alleviate nausea.
- It is good to keep exercising when preparing for the examination. That stimulates the bowel movement.

## Resuscitation

All patients at DC Klinieken are resuscitated in an emergency. Have you signed a DNR form or discussed with the physician that you do not want to be resuscitated? Then it is important to inform us of this. You probably already did so in the intake talk with the nurse. If not, let us know prior to the examination.

## Insurance coverage

DC Klinieken has contracts with all health insurance providers. This means that practically all of the care is reimbursed. Just like the care you receive in the hospital. You will first need a referral from your GP or specialist. Remember to take into account your insurance excess. For more information about reimbursement and any exceptions: [www.dcklinieken.nl/vergoedingen](http://www.dcklinieken.nl/vergoedingen).

## Questions

For more information and answers to FAQ, please contact: [www.dcklinieken.nl/contact](http://www.dcklinieken.nl/contact) or our Service and Information Centre on +31 (0)88 0100 900.

## Emergency after visit to DC Klinieken

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

## Emergency after visit to DC Klinieken Dokkum

In case of an emergency after pain management, or gastrointestinal examination, patients of DC Klinieken Dokkum should call: +31 (0) 88 0100 960 or after radiology: +31 (0) 88 0100 985

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