

Preparation for a coloscopy with PLEINVUE® when bowel movements are regular

The preparation:

To examine the large intestine clearly, it must be completely clean.
It is necessary to follow the dietary advice given below from three days before the examination.

Dietary advice prior to an optimal intestinal cleanse

NOT RECOMMENDED



- ✓ bread with seeds and wholemeal bread,
- ✓ wholewheat and multigrain pasta and brown rice



- ✓ asparagus, celery, sauerkraut, string beans, green beans, leek, peas, beans, sprouts, sweetcorn, mushrooms, tomatoes, onion, garlic, spinach, endive, peppers or raw vegetables



- ✓ orange, grapefruit, mandarins, kiwis, blackberries, grapes, strawberries and dried fruit
- ✓ nuts and peanuts

Source: dikkedarmkankerscreening

RECOMMENDED



- ✓ rusk, white or light brown bread with margarine
- ✓ lean meat
- ✓ hardboiled egg
- ✓ chocolate sprinkles, chocolate spread, honey, syrup and jam without seeds



- ✓ ripe fruit or fruit preserves without seeds, fibres or peel
- ✓ applesauce, fruit compote
- ✓ soup with pieces of meat, vermicelli and/or meatballs (no vegetables)
- ✓ potatoes, white rice, pasta, macaroni



- ✓ lightly braised lean meat, fish or chicken (without skin)
- ✓ boiled young beets, cauliflower, broccoli and carrots
- ✓ custard, pudding, quark or yoghurt

The day before the examination:

- ✓ 06.00–15.00 You may enjoy a light breakfast followed by a light lunch.
- ✓ 15.00–18.00 Clear drinks as desired (see list at the bottom of this document). No more solid food until after the examination.
- ✓ 18.00–18.30 Take 500ml PLEINVUE® dose 1 (sachet dose 1).
- ✓ 18.30–19.00 Drink at least 500ml of clear fluid.

After 19.00 you rest and drink as much clear fluid as you wish. The more you drink, the cleaner your intestines will be!

The morning of the examination:

- ✓ 4–5 hours before the start of the examination, take 500ml: PLEINVUE® dose 2
- ✓ 3.5–4.5 hours before the start, drink at least 500ml of clear fluid. The more you drink, the cleaner your intestines will be.

Then you rest until the examination.

You may continue drinking clear liquids until 2 hours before the examination. Nothing after that.

The preparation is successful if the excrement turns yellow and clear. See the picture below.



Yellow and clear



Orange and almost clear



Dark and cloudy

Instructions for preparing PLEINVUE®:

You received one package of PLEINVUE® containing 3 sachets.

- ✓ Dose 1 is one large sachet. This dose is mango flavoured. Dissolve this dose in 500ml of water. This can take up to 8 minutes.
- ✓ Dose 2 contains two sachets: Dose 2 sachet A & B. These sachets are glued together and have a fruity taste. Dissolve both sachets (A&B) in 500ml of water.

Clear drinks:

- ✓ Water
- ✓ Clear soups
- ✓ Herbal tea
- ✓ Black tea or coffee (without milk)
- ✓ Concentrated lemonade
- ✓ Soft drinks without pulp and not carbonated

You may not drink:

- ✓ Alcohol, milk, red or purple liquids or other drinks containing pulp.

PLEINVUE® tips for taking it:

To make taking PLEINVUE® easier, we recommend the following:

- ✓ Drink PLEINVUE® cooled to improve the taste.
- ✓ Drink PLEINVUE® with a straw, so the liquid reaches further back in the mouth.
- ✓ Do not use carbonated beverages.
- ✓ Use sorbitol-free gum in between.

!! Important!!

Drink PLEINVUE® calmly with small sips, possibly alternating with a sip of water.

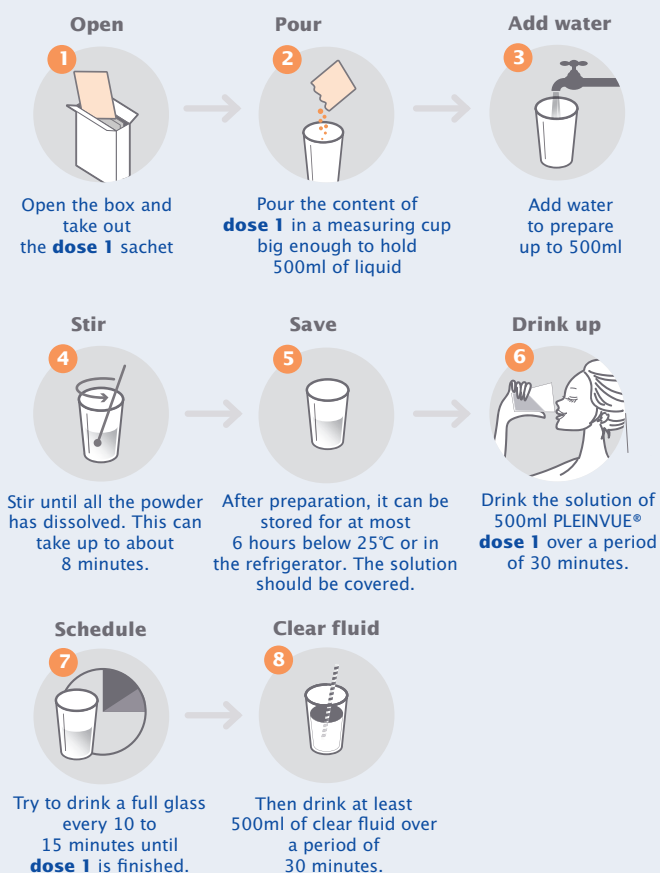
Be aware that after taking this laxative, you will have to go to the toilet several times more. You can start taking the laxative earlier if it makes you feel more relaxed because for example you have a long car ride ahead or need to travel on public transport.

It is important to drink all the liquid so your intestines are really clean for the examination. If after taking the laxative your excrement is still not clear (yellow) in colour, drink one or more glasses of water until the excrement is clear in colour.

Preparation of PLEINVUE® dose 1:

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

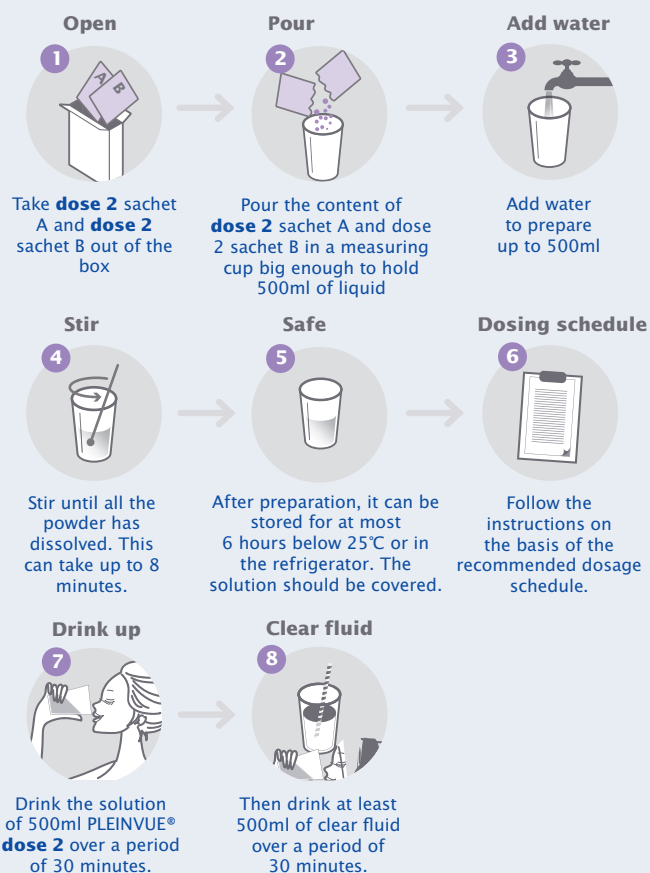
mango
flavour



Preparation of PLEINVUE® dose 2:

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

fruit
flavour



If you haven't received PLEINVUE® 4 days prior to your medical intervention, call:
088 0100 900