

Colonoscopy **MORNING**

Come with someone (should not drive)

Bring electrocardiogram, blood tests, previous tests, and medicines you are taking.

4 days before the exam preparation

Breakfast and Snack

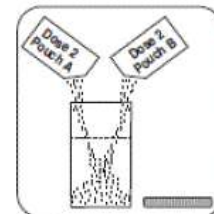
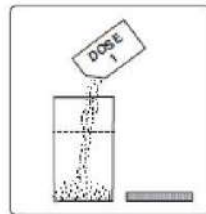
- > White bread (with butter);
- > Tea (chamomile, lime flower or lemon balm);
- > Baked or peeled fruit, without potatoes and seedless (e.g. apple or pear);
- > White gelatin;

Lunch and Dinner

- > White soup (potato or pasta);
- > White meat, cooked or grilled (e.g.: turkey, chicken or rabbit);
- > Low fat fishes, cooked or grilled (e.g.: hake, sea bass, horse mackerel);
- > Mash potato, boiled egg;
- > White gelatin;
- > Fresh cheese or flavored yoghurts;

Get PLENVU® on your pharmacy

Do not eat solid foods during treatment with **PLENVU**



On the eve of the exam you can have breakfast. During the rest of the day you should only drink tea, clear juices, water, meat-free bouillon or light-colored jelly.

In the 3 days prior to the exam take 2 Dulcolax pills at night.

At 07:00 pm of the previous day to the exam

Remove the larger sachet that says "Dose 1." Dilute the contents of this sachet into 500 ml of fresh water and **drink slowly** over 45 minutes (divide into 4 cups and try to drink a glass every 10/15 minutes). Then, **drink at least 500 ml of water, tea or transparent juices without pulp**. Do not eat solid food on the day of preparation with PLENVU.

At 11:00 pm of the previous day to the exam

Remove the 2 smaller sachets that say "Dose 2" from the plastic bag. Mix the contents of both sachets into a container and dissolve in 500ml of fresh water and **drink slowly** over 45min (divide into 4 cups and try to drink one cup every 10/15 minutes). Then, **drink at least 500 ml of water, tea or clear juices without pulp**. Do not eat solid food on the day of preparation with PLENVU.

Attention: YOU SHOULD TAKE A 6 HOURS FASTING BEFORE THE EXAM (SOLIDS AND LIQUIDS)

IT IS EXTREMELY IMPORTANT TO TAKE THE QUANTITY OF LIQUIDS THAT IS INDICATED IN THE PROTOCOL TO GET AN EFFECTIVE CLEANING!

THE SUCCESS OF THE EXAMINATION DEPENDS ON THE QUALITY OF THE PREPARATION YOU HAVE DONE.

A BAD CLEANING OF THE INTESTINE MAY IMPLY AN EXAM REPEAT.