

# 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.

## Medication Instructions

### Blood Thinners (Anticoagulants / Antiplatelet Medications)

- If you have not received instructions about stopping your medication, please call the unit that sent your appointment letter **no later than one week before the procedure**.
- Blood thinners include, for example: **Marevan<sup>®</sup>, Plavix<sup>®</sup>, Eliquis<sup>®</sup>, Clopidogrel<sup>®</sup>, Xarelto<sup>®</sup>, Pradaxa<sup>®</sup>, Klexane<sup>®</sup>, Inhixa<sup>®</sup>, Brilique<sup>®</sup>, Lixiana<sup>®</sup>**.  
Please ask for instructions about continuing these medications after the endoscopy.

### Diabetes Medication

- Do **not** take your diabetes tablets on the evening before the endoscopy or on the morning of the procedure.

- If you use insulin, contact your diabetes nurse or doctor regarding a possible reduction of your insulin dose. Long-acting insulin may need to be reduced slightly, for example by **10–20%**.
- During bowel preparation, the fluids you drink should also contain **carbohydrates** (e.g. sugary juice), **not only water**.

## Iron Supplements

Iron supplements must be stopped **one week before the procedure**, as they can discolor the bowel mucosa and interfere with the examination.

## 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 of 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.