

Preparation Pleinvue

Colonoscopy – Balloon Enteroscopy – Video Capsule Enteroscopy

Two days before the examination

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| Date: (fill in yourself) | |
| From the morning | Start <u>low-fibre diet</u> <i>Do not eat products with coarse fibres, kernels, seeds or membranes from two days before the examination.</i> |

You may not eat:

- Bread products such as whole grain and coarse whole wheat with kernels and/or seeds on the crust or in the bread, crackers with kernels/seeds and muesli (bars)
- Vegetables such as raw vegetables, leek, bell pepper, onion, celery, asparagus, sauerkraut, leaf spinach, peas, corn and bean sprouts
- Fruits such as kiwi, strawberry, watermelon, blackberry, orange, grapefruit, mandarin, berries and dried fruit
- Other foods such as beans, lentils, quinoa, granola, peanuts and nuts

You may eat:

- Bread products such as white bread, fine brown/whole wheat bread without kernels or seeds, rusks and crackers without kernels or seeds and spreads (eg. margarine, boiled egg, low-fat meat products, chocolate sprinkles, chocolate spread, honey, syrup and seedless jam)
- Vegetables such as cauliflower, broccoli, carrots, peeled tomatoes, beets, zucchini, eggplant, cucumber and finely chopped lettuce
- Fruits such as apple, pear, banana, mango, seedless grapes, peach, nectarine, fruit juices and fruit purée
- Other foods such as pasta, rice, potatoes, meat, fish, porridge, custard and yoghurt

One day before the examination

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| Date: (fill in yourself) | |
| Until 15:00 | Light meals (breakfast/lunch): <ul style="list-style-type: none"> - White bread, rusks or crackers - Butter (margarine, low-fat margarine) - Cheese (without seeds) - Jam (without seeds) - Liquid meal (without kernels/seeds/membranes/fibres) |
| From 15:00 | NO FOOD (until after the examination). It is important to continue to drink <u>clear liquids</u> . |

Clear liquids

We strongly recommend that you drink at least 500 ml of clear liquids per 500 ml of Pleinvue®. Examples include water, soft drinks/non-carbonated drinks, clear sieved stock, fruit juice without pulp/flesh, coffee and (herbal) tea without milk (sugar allowed). **No** alcohol, milk, red or purple liquids (eg. blackcurrant juice) or drinks that contain pieces/seeds/flesh/pulp.

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| 18:00 to 19:00 | Take 500 ml Pleinvue® dose 1 . Drink <u>at least</u> 500 ml of clear liquids. |
| From 19:00 | Rest period until dose 2. You may continue to drink clear liquids as needed during this period. |

On the day of the examination

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| Date: (fill in yourself) | |
| <i>We recommend that you are awake/in motion and have a drink (eg. a cup of tea/coffee) at least 30 minutes before taking dose 2.</i> | |
| From 4 hours before admission: - | Take 500 ml Pleinvue® dose 2 (sachet A and B) . Drink <u>at least</u> 500 ml of clear liquids. |
| From 3 hours before admission: | NO MORE: smoking or drinking (until after the examination). |

DISCLAIMER

We advise you to bring as little money, jewellery, expensive clothing and other items of (emotional) value with you as possible to the hospital when you visit the outpatient clinic and when you are admitted. The hospital accepts no liability for damage to or loss of such items.