

INFORMATION FOR PATIENTS

Extended preparation prior to colonoscopy

Evening appointments

For a colonoscopy to be effective it is essential that the bowel is adequately cleansed prior to the procedure. A number of people will require additional preparation prior to colonoscopy, including laxatives and prolonged dietary restrictions leading up to the procedure. People who have constipation or diabetes, take medications which prohibit effective bowel cleansing and have had previously failed attempts at colonoscopy due to poor results from standard bowel cleansing will benefit from additional preparation.

Please scan the QR code on the right using your phone's camera, to view a video, which will help you prepare for the colonoscopy.

It is important that you follow the guidance below starting seven days before the date of your procedure to aid effective bowel cleaning prior to your appointment.



☐ **Laxido supplied** – ten sachets (if not received please contact Endoscopy unit).

Seven days before	Stop taking iron medication if you take them.		
Five days	Follow the low residue diet guidance found with your bowel prep information.	Plus, two litres of water.	Take Laxido – one sachet am and one pm.
Four days	Follow the low residue diet guidance found with your bowel prep information.	Plus, two litres of water.	Take Laxido – one sachet am and one pm.
Three days	Follow the low residue diet guidance found with your bowel prep information.	Plus, two litres of water.	Take Laxido – one sachet am and one pm.
Two days	Follow the low residue diet guidance found with your bowel prep information.	Plus, two litres of water.	Take Laxido – one sachet am and one pm.
One day	Follow the low residue diet guidance found with your bowel prep information. No food after 9pm.	Plus, two litres of water.	Take Laxido – one sachet am and one pm. Take two Senna tablets (15mg) in the evening.
Day of your test	Continue clear fluids up until two hours before your procedure time. No food.	Continue clear fluids as instructed.	Take your first dose of Plenvu at 7am Take the second dose of Plenvu five hours before your appointment.



First dose of Plenvu taken at 7am the day of your appointment.
Please follow the enclosed Plenvu leaflet.



Second dose of Plenvu five hours before your appointment time.
Please follow the enclosed Plenvu leaflet.



No food for two hours before your appointment time.
Please follow the enclosed Plenvu leaflet.

Contact us

If you need to change or cancel your appointment, or you have questions or concerns about preparing your bowel for colonoscopy or the colonoscopy procedure, please contact the Endoscopy Unit (which is open from Monday to Thursday 8am-8.30pm, and Friday to Sunday, 8am-6pm) using the number on your appointment letter.

In case of emergency

Please contact the out of hours emergency advice line by dialling 111.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns, or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202508-01-EPE
Created: September 2023 / Revised: August 2025 / Review Date:
August 2027