

# When to Take Your Plenvu

## Split Dose Overnight



## Dietary Advice

Your healthcare professional may request that you adopt a low fibre diet when preparing for your bowel preparation. For specialised diets, please refer to your healthcare professional

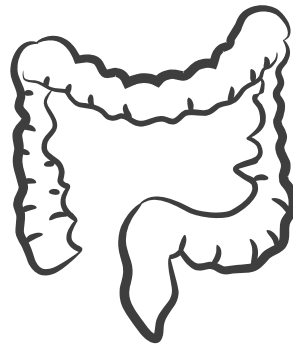
### • • • • • Low Fibre Foods Which Are Preferred • • • • •



### • • • • • High Fibre Foods Which Should Be Avoided • • • • •



## What is a Colonoscopy?



A colonoscopy is a test that uses a narrow, flexible, telescopic camera called a colonoscope to look at the lining of your large bowel. A colonoscopy can be used to detect irritated and swollen tissue, ulcers, or growths such as polyps. It helps to diagnose or exclude health conditions like Crohn's disease, ulcerative colitis, diverticular disease and bowel cancer.

A patient video and more advice on taking Plenvu can be found by visiting:

[bowelcleansingmatters.co.uk](http://bowelcleansingmatters.co.uk)

This is an external link to a patient website intended for those patients who have been prescribed Plenvu by their healthcare professional.



## Afternoon Appointment

### PLENVU INSTRUCTIONS

Please review this website for useful information and video - **STEP BY STEP GUIDE TO TAKING PLENVU**  
[www.bowelcleansingmatters.co.uk](http://www.bowelcleansingmatters.co.uk)

Dosing timeline code: UKE-COR-PR-2300012  
Date of preparation: July 2023  
What is a Colonoscopy Code : UKE-COR-PR-2500002  
Date of preparation: February 2025  
Code: UKE-COR-PR-2300010  
Date of preparation: July 2023



# What is Plenvu

Each box contains 3 sachets, making up dose 1 (1 sachet), and dose 2 (sachet A & B)

## Why do I need to take it?

Taking Plenvu before your appointment will give you a clean bowel.

## What to Expect

After you drink Plenvu you will have lots of watery bowel movements, so stay near a toilet because you may need to use it urgently.



## Reporting of Side Effects

### United Kingdom

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of this medicine.

### Ireland

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly to the HPRA, via [www.hpra.ie](http://www.hpra.ie). By reporting side effects you can help provide more information on the safety of this medicine.

A patient support item from Norgine.

Norgine Pharmaceuticals Limited, Moorhall Road, Harefield, Middlesex UB9 6NS.

E-mail: [os-medinfo@norgine.com](mailto:os-medinfo@norgine.com).

Tel: +44 (0) 1895 826 606.

# Importance of Proper Cleansing

- A clean bowel will allow for a clear view of its inner lining which is important for both accurate diagnosis and treatment.
- Abnormal changes may be tiny, so even the smallest amount of faeces could potentially disguise something important.
- **If the bowel is not empty and clean enough, the procedure may have to be cancelled and repeated on another occasion at a later date.**

## How to Prepare Plenvu

### Dose 1



Empty dose 1 sachet in to a 500ml jug



Add water to make up 500ml and stir until fully dissolved



Sip very slowly over **60 minutes**

### Dose 2



Empty dose 2 sachets (A & B) in to a 500ml jug



Add water to make up 500ml and stir until fully dissolved



Sip very slowly over **60 minutes**



drink a minimum of **500ml** clear fluids with each dose.

Alternating between this and the Plenvu solution is acceptable

# Patient Advice Clear Fluids

**You must drink a minimum of 500ml extra clear fluids with each dose.** Continue drinking clear fluids to keep yourself hydrated until 2 hours before your procedure and then stop drinking, clear drinks may include:



Water



Clear soups (no bits)



Tea & Coffee (without milk)



Soft drinks (cordial - not blackcurrant)

..... Do Not Drink Alcohol .....

Plenvu may be easier to take when:

- Adding cordial to the additional clear fluids (to alter the flavour, but not blackcurrant as it will stain the bowel)
- It has been chilled once it has been made up

Further advice for patients:

- Using wet wipes after each bowel movement
- Use a barrier cream to prevent a 'sore bottom' for example: petroleum jelly

## Hints & Tips



Sip the Plenvu solution **very slowly** over 60 minutes alongside a minimum of 500ml clear fluids (you can alternate between sips of Plenvu and clear fluid if you'd like)



Once dissolved (this may take up to 8 minutes) the **solution** can be refrigerated



Try using a **straw**



Stay hydrated with plenty of clear fluids