

## How to prepare and take 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



The day before your appointment have a light lunch then **DO NOT EAT** from **1PM** until **AFTER** your procedure.



You can continue to drink clear fluids, water, lemonade, tea & coffee with **NO MILK**.

**DO NOT DRINK** from two hours before your procedure.

### The evening before your appointment:

You will need to make up the first dose of Plenvu and start taking it at **20:00hrs (8pm)**. Drink all of the mixture over one hour, followed by a minimum of 500ml of water/clear fluids. Alternating between Plenvu and clear fluid is acceptable.

**After you drink Plenvu you will have lots of watery bowel movements, so stay near a toilet as you will need to use it urgently. This can last for several hours.**

You can go to bed once you have drunk all of the mixture and stopped going to the toilet.

If you find that the first dose of Plenvu has not worked and you also develop a **new** onset of abdominal pain, please **DO NOT** start to take the second dose and contact the Endoscopy Unit on 01743 261064 between 08:00am and 17:30pm. If it is outside these hours and the pain is increasing and/or you are concerned, then please contact NHS 111 for advice.

### On the morning of your appointment:

Make up the second dose of Plenvu and start taking it at **05:00hrs (5am)**. Drink all of the mixture over one hour, followed by a minimum of 500ml of water/clear fluids. Alternating between Plenvu and clear fluids is acceptable.

Designed & Produced by the Department of Clinical Illustration, New Cross Hospital, Wolverhampton, WV10 0QP Tel: 01902 695377.

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The Shrewsbury and  
Telford Hospital  
NHS Trust

# Plenvu

## Morning Appointment Preparation

Eating a low fibre diet for two days before your procedure is recommended.

Leave home in good time for your hospital appointment.

## Low fibre foods which are preferred

- White meat, skinless chicken, grilled or poached fish
- White bread, pasta, rice, boiled or mashed potatoes
- Cheese, eggs, tofu
- Ice cream, custard, jelly (NO red or black currant), boiled sweets
- Butter / margarine
- Shredless marmalade or jam
- Tea, coffee, water or fruit squash

## High fibre foods which should be avoided

- Red meat, sausages and pies
- Nuts, pulses and seeds including baked beans
- Any fruit juices, fruit, vegetables or salad
- Wholemeal brown or seeded bread, pasta or brown rice
- Potato skins or chips
- Cakes and biscuits
- Yogurts
- Puddings containing fruit or nuts

## Key points

**Always read the label.** If you develop any side effects or start to feel unwell, stop taking the bowel preparation and seek advice from your doctor, pharmacist or nurse.

It is **extremely important to fully complete** your bowel preparation as instructed, to ensure your bowel is clear for the test. Poor bowel preparation can lead to the cause of your symptoms being missed or cancellation of the procedure.

**Unless otherwise advised** by your doctor or nurse, take your usual medication as prescribed, but timed an hour before starting the bowel preparation.

If you have a long journey to your appointment you may want to plan toilet breaks on your route and bring a change of clothes with you.

## Plenvu Hints & Tips

Plenvu may be easier to take when:

- Sipped very slowly over 60 minutes
- Adding cordial to the additional clear fluids (not blackcurrant)
- It has been chilled once it has been made up
- Using a straw