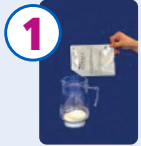


How to prepare and take Plenvu

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

How to prepare and take Picolax

- Empty one sachet of Picolax into a glass and mix it with 150ml of cold water
- The drink may become hot when added to water
- Wait five minutes
- Drink the medicine
- Drink at least 1500ml (one and a half litres) of clear fluid after drinking the Picolax



DO NOT DRINK from two hours before your procedure.

The day before your appointment have a light lunch then **DO NOT EAT** from **12:00pm (noon)** until **AFTER** your procedure.



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

The day before your appointment:

You will need to make up the first dose of Plenvu and start taking it at **16:00hrs (4pm)**. Drink all of the mixture over one hour, followed by a minimum of 500ml of water/clear fluid. 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.

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 08:00hrs (8am) and 17:30hrs (5:30pm). If it is outside these hours and the pain is increasing and/or you are concerned, then please contact NHS 111 for advice.

Make up the second 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 fluid. Alternating between Plenvu and clear fluid is acceptable.

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

On the morning of your appointment:

Make up the dose of Picolax and start taking it at **05:00hrs (5am)**. Drink all of the mixture followed by a minimum of 1 litre of water/clear fluid.

Continue with water/clear fluid until two hours before your appointment time.

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The Shrewsbury and
Telford Hospital
NHS Trust

Extended Bowel Preparation Plenvu and Picolax

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