

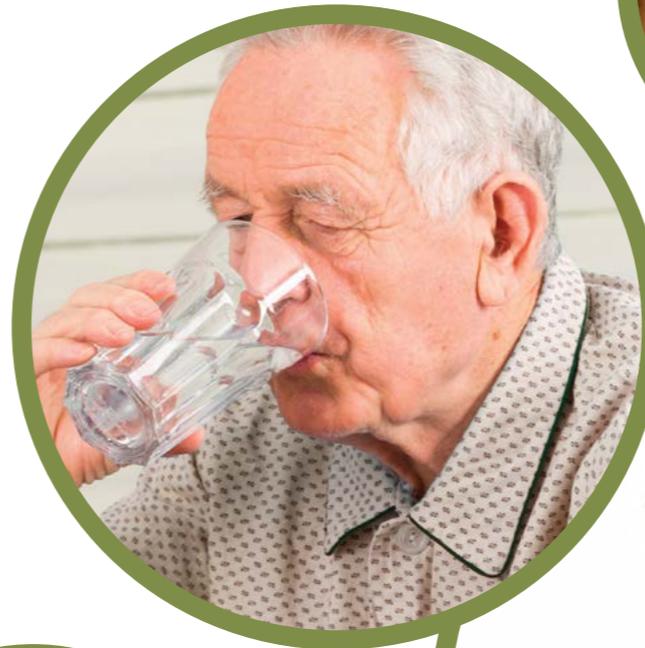


# PLENVU<sup>®</sup>

PEG 3350, Sodium Ascorbate, Sodium Sulfate, Ascorbic Acid, Sodium Chloride, and Potassium Chloride

## Your guide to taking PLENVU<sup>®</sup> Day before dosing

PLENVU<sup>®</sup> is different to other bowel preparations you may have taken before. Please follow the instructions in this booklet carefully and also read the Patient Information Leaflet inside the PLENVU<sup>®</sup> packaging.



Images of people are used for illustrative purposes only.  
Any persons depicted are models and do not use or personally endorse PLENVU<sup>®</sup>.



# Why have you been prescribed PLENVU®?

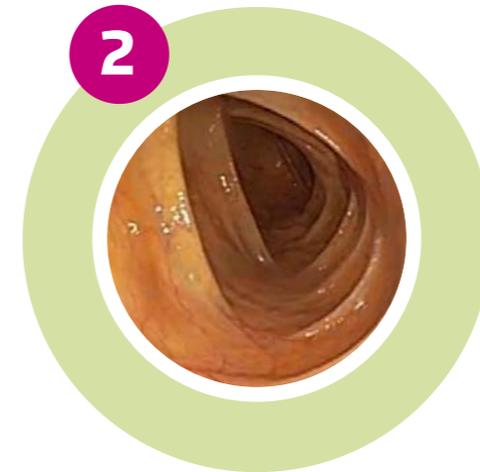
You have been prescribed PLENVU® because you are having a colonoscopy.

During a colonoscopy your doctor will insert a narrow, flexible camera (called an endoscope) up your bottom to look at the inside of your large bowel. It is important that your bowel is clean for this so that your doctor can see clearly.

PLENVU® is a polyethylene glycol (PEG) laxative that cleanses your bowel before a colonoscopy.



Take  
PLENVU®



Your bowel  
is cleansed



Doctor sees  
clearly



Diagnosis and  
treatment

# How PLENVU® works



PLENVU® cleanses your bowel by causing you to have bowel movements. So stay close to a toilet once you have taken it.



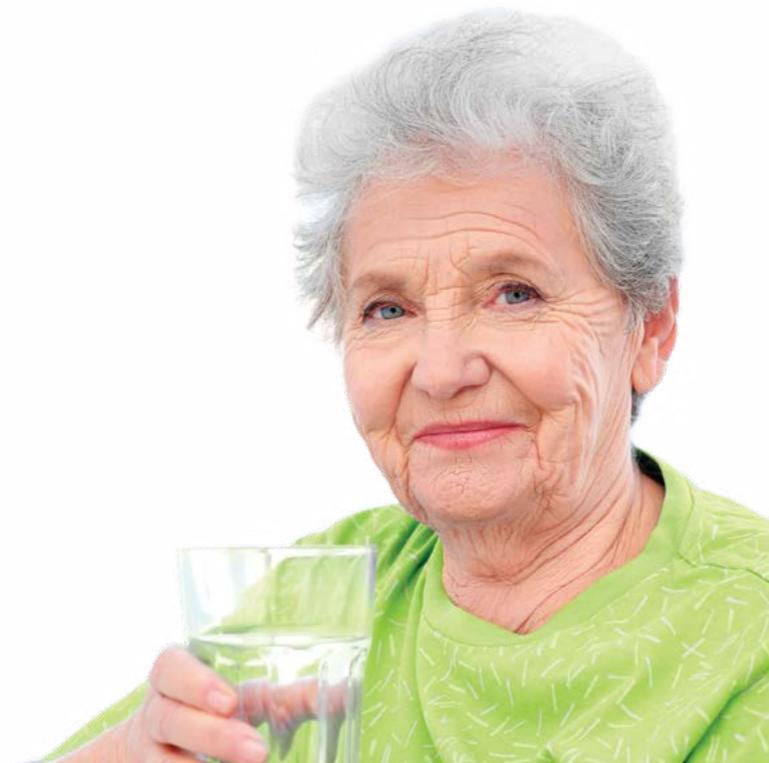
After a short while you will start having watery bowel movements. This is perfectly normal and shows that it is working.



You might need to go to the toilet several times after taking the solution.



Once your bowel movements stop you are ready for your colonoscopy.



# How to prepare PLENVU®

PLENVU® comes in two doses:

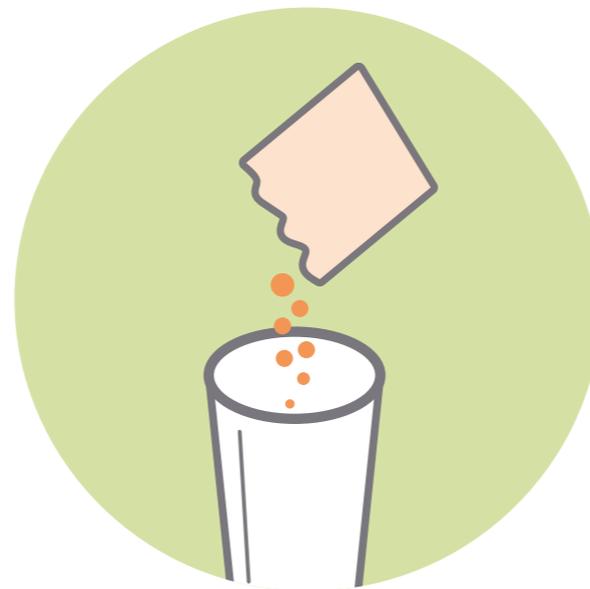
**Dose 1** mango-flavoured

**Dose 2** fruit punch-flavoured

Each dose comes as a powder and needs mixing with water before you take it.

You can make up both doses at once in separate containers and store them until it's the right time to take them. Just make sure you store them for no longer than 24 hours, and they are kept below 25°C – we recommend storing them in the fridge.

## Pour



Pour the contents of the sachet(s) into a container that can hold at least 500ml of fluid.

## Add water

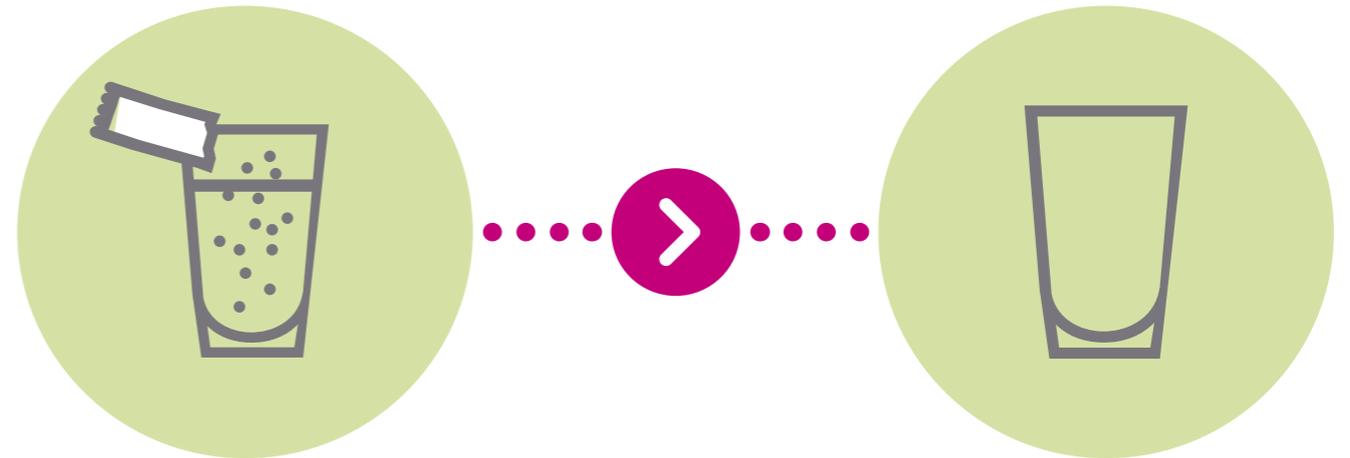


Add water to make up to 500ml and stir until all the powder has dissolved – this may take up to 8 minutes.

[Click here for more information on preparing PLENVU®](#)

# How to take PLENVU®

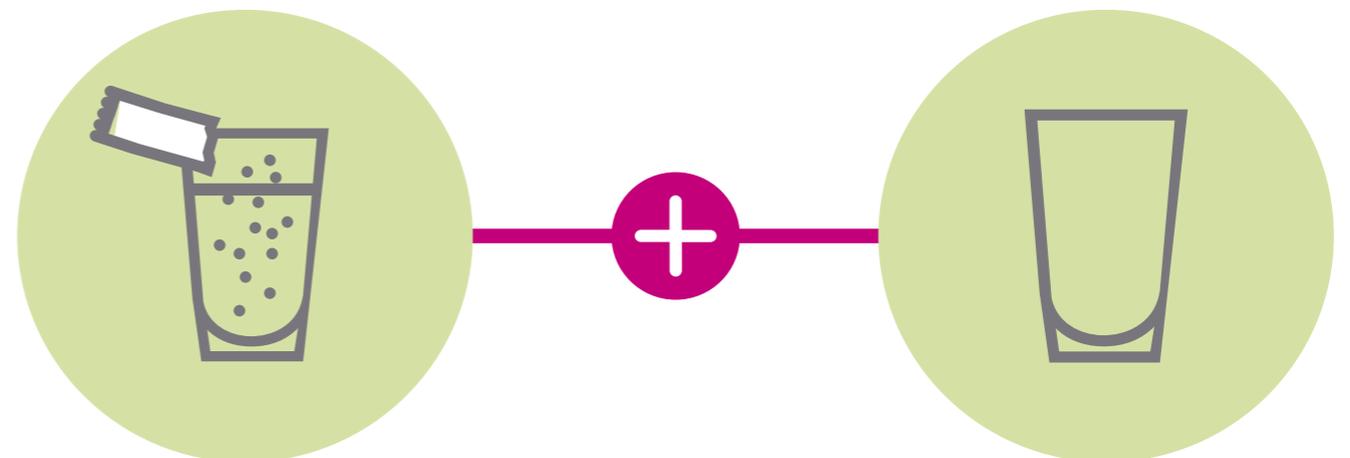
**1. PLENVU®  
followed by  
clear fluids**



Drink each dose of PLENVU® slowly over at least 30 minutes. Then drink 500ml of clear fluids over the next 30 minutes.

You have two options  
of how to take each  
dose of PLENVU®

**2. PLENVU®  
and clear fluids  
together**



Alternate between slowly taking sips of PLENVU® and clear fluids. Just make sure you drink the full dose of PLENVU® and 500ml of clear fluids.

Remember to drink plenty of water or clear fluids before, during and after taking PLENVU® to stay hydrated

# When to take PLENVU®

You should take **Dose 1** and **Dose 2** in the *evening before your colonoscopy*, separated by a minimum 1 hour interval.

Use this section as a reminder of when to take each dose of PLENVU®, entering your information by clicking in the fields below. You could print it out and put it somewhere that you can easily see it.

## Your colonoscopy

Date:

Time:

Under general anaesthesia

Not under general anaesthesia

## Dose 1

Date:

Time:

If your doctor hasn't given you a specific time to take each dose, take Dose 1 at 18.00 and take Dose 2 at 19.00.

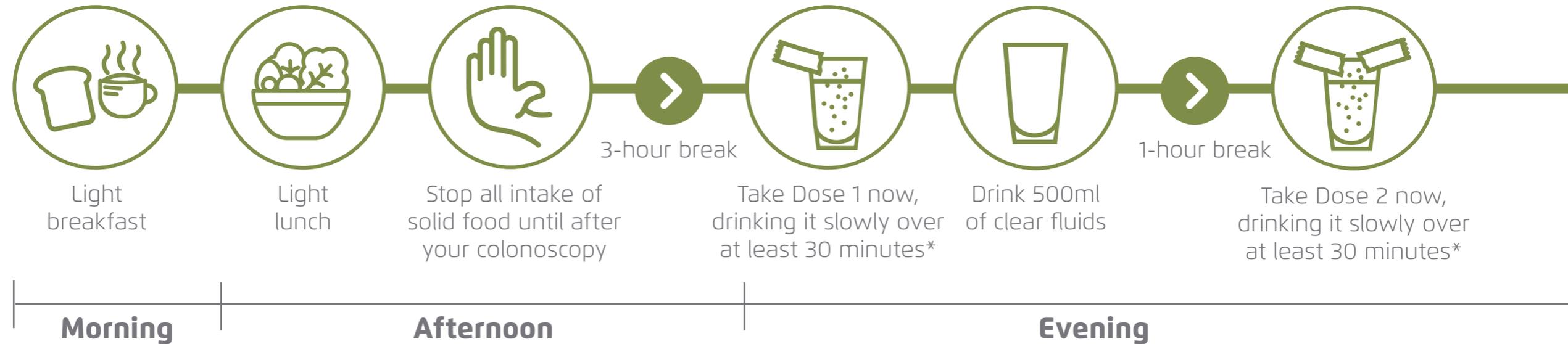
## Dose 2

Date:

Time:

# When to take PLENVU®

## Day before colonoscopy



## Day of colonoscopy



\*If your doctor hasn't given you a specific time to take each dose, take Dose 1 at 18.00 and take Dose 2 at 19.00. †Colonoscopy with general anaesthesia. ‡Colonoscopy without general anaesthesia.

# What you can eat

It's important to eat light, low-fibre foods in the days before your colonoscopy to help the bowel cleansing process.

## 3 days before colonoscopy

Eat as normal



## 2 days before colonoscopy

Start having smaller, low-fibre meals



## 1 day before colonoscopy

Have a light breakfast and a light lunch of low-fibre foods. Stop eating after lunch



## Day of colonoscopy



Do not eat any solid food until after your colonoscopy

## Taking other medicines?

Any medicines you take by mouth may not be absorbed in the usual way when taken within 1 hour of drinking PLENVU®, so talk to your doctor, nurse or pharmacist if you usually take them.



[Click here for a list of low-fibre foods you can eat](#)

# What you can drink

It is important to drink plenty of clear fluids before, during and after taking PLENVU® to stay hydrated.

-  Water 
-  Clear soup 
-  Fruit juices without pulp 
-  Soft drinks 
-  Tea and/or coffee without milk 

-  Alcohol 
-  Milk 
-  Any red or purple drink 
-  Drinks containing pulp 

Only stop drinking 2 hours before your colonoscopy if you are having a general anaesthetic, or 1 hour before if you are not having a general anaesthetic.

# Hints and tips



Chill PLENVU® first. You can make up both doses at the same time and keep them in the fridge.



Drink PLENVU® slowly using small sips over at least 30 minutes.



Keep drinking clear fluids to stay hydrated. You can drink as many as you like.



A barrier cream, e.g. petroleum jelly, can help prevent a 'sore bottom'.



Try drinking through a straw or sports bottle.



Alternate between sips of PLENVU® and clear fluids.



Refrigerated wet wipes may feel more soothing than toilet paper.



Make sure you allow enough time to travel to the hospital, and arrange for a taxi or friend to take you home.

# Helpful resources



## **PLENVU® Reminder Service**

Automatically receive emails and/or texts to guide you through every step of taking your bowel preparation, including reminders when you need to take each dose.

[Click here to sign up](#)



## **PLENVU® patient website**

Contains all you need to know about how to prepare and take it, FAQs about your bowel preparation and colonoscopies, and useful downloads.

[Click here to explore](#)



## **Ava the PLENVU® automated virtual assistant**

She can answer your questions about taking your bowel preparation at any time you need.

[Click here to ask a question](#)

**For more information about PLENVU®, please refer to the Patient Information Leaflet within the PLENVU® packaging.**

Always read the label. For full details of possible side effects, please refer to the Patient Information Leaflet supplied within the PLENVU® packaging.

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



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