

# Two-day split dosing schedule

## Your personal reminder

You can use this section as a handy reminder of your personal PLENVU<sup>®</sup> plan. Fill in the planned time for your colonoscopy, and then note the time you should start each dose of PLENVU<sup>®</sup> in the relevant boxes.

## My colonoscopy

Date:

Time:

- Under general anaesthesia  
 Not under general anaesthesia

## My PLENVU<sup>®</sup> dosing – Dose 1

Date:

Time:

## My PLENVU<sup>®</sup> dosing – Dose 2

Date:

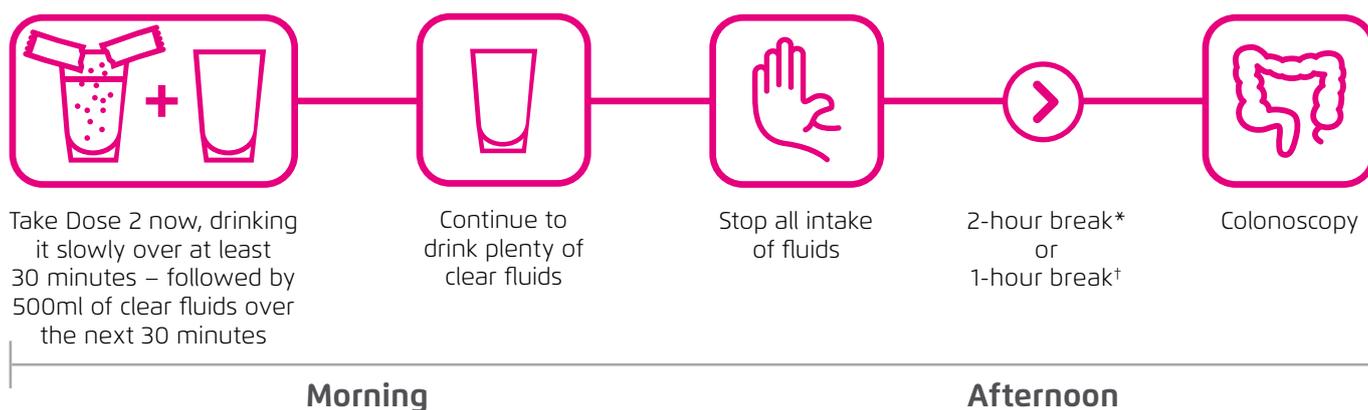
Time:

If your doctor hasn't given you a specific time to take Dose 1, take it at 18.00 and for Dose 2, take it at 06.00

## Day before colonoscopy



## Day of colonoscopy



## TIPS

Try to drink plenty of clear fluids e.g. water, clear soup, fruit juices without pulp, soft drinks, tea and/or coffee without milk to stay hydrated

You may find it easier to slowly drink your bowel preparation through a straw, and if it has been chilled in the fridge once it has been made up

A barrier cream, e.g. petroleum jelly, can help to prevent a 'sore bottom' and refrigerated wet wipes may feel more soothing than toilet paper

**Whilst taking Dose 1 and 2 of PLENVU<sup>®</sup>, if you start to experience severe bloating, abdominal swelling or abdominal pain, slow down or temporarily stop taking PLENVU<sup>®</sup> until the symptoms pass**

Your guide to taking PLENVU<sup>®</sup>

Supplied as a service to patients by Norgine Limited.

\*Colonoscopy with general anaesthesia. †Colonoscopy without general anaesthesia.

PLENVU, NORGINE and the sail logo are registered trademarks of the Norgine group of companies.

GL-GE-PLV-2000062. Date of preparation: September 2020.

PLENVU<sup>®</sup> is different to other bowel preparations you may have taken before. Please follow the instructions given to you by your healthcare professional carefully and also read the Patient Information Leaflet inside the carton.

**Always read the label. For full details of possible adverse events, please refer to the Patient Information Leaflet available at [www.medicines.org.uk/emc/medicine/34246](http://www.medicines.org.uk/emc/medicine/34246). 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.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.**