



Taking Plenvu bowel preparation for your colonoscopy: morning appointments

This leaflet will provide you with advice and instructions for taking Plenvu bowel preparation in readiness for your colonoscopy procedure. When taking bowel preparation, we highly recommend staying near a toilet to prevent accidents. We strongly suggest you do not go to work when taking this laxative.

Why do I need this preparation?

Plenvu bowel preparation is a bowel cleaning medication, which is used to clear the bowel so the doctor can examine it thoroughly. Please follow the instructions to achieve the best results. If the bowel is not properly prepared, the procedure may not be effective and may need to be repeated.

What will the preparation do?

The preparation has a laxative effect and will make you empty your bowels. It is important you take all the preparation to ensure the bowel is clean before the examination.

After completing the bowel preparation, it is recommended you keep drinking clear fluids to prevent dehydration. If you feel light-headed, have a glucose drink, e.g. Lucozade / sport energy drinks or lemonade.

You may experience stomach cramps and diarrhoea during the preparation; this is normal. If you experience severe stomach pains or vomiting, take the preparation more slowly until these feelings stop. If the symptoms continue, seek medical advice from your GP or contact the Endoscopy Unit.

Adult alcohol-free and fragrance-free wet wipes or soft toilet tissue may minimise the expected irritation from wiping your bottom. Also, applying petroleum jelly (Vaseline) before and after bowel movements may be helpful.

Before your procedure:

- 3 to 4 days before, avoid eating foods high in fibre, such as pulses, vegetables, nuts and seeds or seeded breads.
- 5 days before, stop taking stool bulking agents, such as Fybogel or Laxido.
- 7 days before, stop taking iron tablets, such as Ferrous Sulphate or Ferrous Fumarate
- 3 to 4 days before, stop taking constipating agents, such as Loperamide or Codeine Phosphate.
- If you take blood thinning medications, please read the enclosed advice sheet and follow the instructions.

Dietary advice before the procedure

- We advise that you only eat low fibre foods three or four days before the procedure. Low fibre foods include white meat, skinless chicken, grilled or poached fish, white bread, rice, pasta, boiled or mashed potatoes, cheese, eggs, tofu, butter, margarine, ice-cream, custard, natural plain yogurt or jam/marmalade without lumps.
- **Avoid high fibre foods.** High fibre foods includes red meat, sausages, pies, vegetables with skin, fruit or salad, nuts, seeds, pulses, including baked beans, puddings containing fruit or nuts, cakes and biscuits, wholemeal pasta, brown rice, brown bread and potato skins or chips. High fibre foods can clog the colonoscopy equipment and the procedure may not be completed successfully.

Clear fluids

Remember, you can keep drinking until two hours before your colonoscopy. Clear fluids are non-cloudy or transparent, you can drink water, herbal tea, black tea or coffee with no milk, clear white soup, diluted cordials (not blackcurrant) and clear fruit juice (without pulp) etc. You can suck clear boiled sweets or mints.

Timetable for the preparation:

You need to start preparing **one day before your appointment.**

Preparing your Plenvu (after 8am the day before your colonoscopy)

- Open the Plenvu carton and remove the Dose1 sachet.
- Pour the contents of the Dose1 sachet into a large container that can hold at least 500mls of fluid.
- Add water to make up to 500mls and stir until the powder has fully dissolved. This may take several minutes.
- Chilling the mixture in a refrigerator may make it taste better.

Please follow the instructions below:

The day before your appointment:

- **Before 8am:** Eat a light low fibre breakfast (see above). **Avoid nuts and seeded breads.**
- **At 8am: Stop all solid food.** You can now make up your Plenvu solution and keep it in the fridge to make it easier to drink later (see instructions above).
- **Only clear** fluids are allowed after breakfast.
- **At 1pm: Slowly sip all** the Plenvu mixture **over 30-60 minutes.** You **MUST** also drink another 500mls of clear fluids over the next 60 minutes.
- **At 7pm:** Make up Dose 2 of Plenvu. (You can do this one hour before and refrigerate).
 - Open the carton and remove the Dose 2 sachets A and B.
 - Pour the contents of Dose 2 sachets A and B into a large container that can hold at least 500mls of fluids.
 - Add water to make up 500mls and stir until all the powder has fully dissolved. This may take several minutes.

Compassionate

Aspirational

Resourceful

Excellent

- **Slowly sip all** the mixture, **over 30-60 minutes**. You **MUST** also drink another 500mls of clear fluids over the next 60 minutes
- You will start to feel the effects within 2 hours of the first/second dose. Stay close to the toilet until you feel that your bowel is completely empty.**
- It is important you do not eat after you've started drinking Plenvu; however, KEEP DRINKING CLEAR FLUIDS to prevent dehydration.**
- The day of your appointment:**
- **No solid food and only clear fluids up to two hours before your colonoscopy.**

Summary

First 500mls of Plenvu (Dose 1) Day before procedure			Rest	Second 500mls of Plenvu (Dose 2) Day before procedure		
Stop eating	Sip the first 500mls of Plenvu between	You must drink a minimum of 500mls of clear fluids		Sip second 500mls of Plenvu between	You must drink a minimum of 500mls of clear fluids	Intended bedtime
8am	1pm-2pm	2pm-5pm		7pm-8pm	8pm-9pm	10pm-11pm

Please we appreciate your feedback on the care we provided. You can write your feedback on friends and family card provided in the unit.

Contacting us

If you have any questions or would like further advice, please contact Endoscopy Unit on 0118 322 7459.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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Next review due: June 2026