

Endoscopy Unit

PLENVU®

Morning Appointment

Information for
patients

Please follow these instructions and NOT
the instructions in the box of bowel prep
medication that you have been sent

This leaflet contains important information about PLENVU®. You have been given PLENVU to cleanse your bowel before you have your procedure.

Please also read any information provided by the manufacturer in the medicine leaflet package but follow these instructions for taking your bowel preparation.

What is PLENVU and how does it work?

PLENVU is mango and fruit punch flavoured powders that makes a solution when mixed with water to cleanse your colon. It has a laxative action, clearing the bowel so that it is clean and empty. It is very important that you have a cleansed bowel for your procedure so that any abnormalities in your bowel can be seen by the nurse or doctor performing the procedure.

When should PLENVU not be used?

Do not take or use this medication if you:

- are allergic to any of the ingredients;
- have been diagnosed by your doctor with a blockage of the bowel (this does not include constipation) or perforation (hole) in the bowel;

- have a stomach emptying disorder;
- have toxic mega-colon (a severe complication of colitis);
- have paralysis of the gut called ileus;
- have been told you suffer from Phenylketonuria; and
- have a Glucose-6-phosphate dehydrogenase deficiency.

If you are not sure if you have any of the above conditions, please contact the Endoscopy pre-assessment nurses on the number below for advice.

Please ask your doctor or pre-assessment nurse on **0113 3922585** for advice if you have any of the conditions below, or in the manufacturer's leaflet before you start to take PLENVU.

- You need to thicken fluids in order to swallow them safely.
- A tendency to regurgitate swallowed drink, food or acid from the stomach.
- Kidney disease.
- Heart failure.
- Dehydration.
- Acute flare of inflammatory bowel disease (Crohn's disease or ulcerative colitis).

How should I take PLENVU?

2 days before your procedure

Please avoid bread and biscuit products that contain seeds before you start to take your bowel preparation. Start having smaller, low-fibre meals (please refer to low fibre food table below).

Low fibre foods



White meat, skinless chicken, grilled or poached fish.



Clear soups, tea, coffee.



Shredless marmalade or jam.



White bread, rice, pasta, boiled or mashed potatoes.



Butter / margarine.



Natural plain yoghurt.



Cheese, eggs, tofu.



Ice Cream, custard.

The day before your procedure

Have a light breakfast and a light lunch of low fibre foods. **STOP** all intake of solid food from **3.00 pm** and continue having fluids.








Below is a list of fluids that you can have in unlimited quantities until 2 hours before your procedure:







Water.



Herbal Tea.

-  Tea / Coffee **WITHOUT** milk.
-  Diluted cordials (**NOT** blackcurrant).
-  Clear soup (make sure you sieve out any vegetables).
-  Clear fruit juice (**WITHOUT** pulp).
-  Clear jelly (not red or blackcurrant as this can reduce view of the bowel).
-  Energy or fizzy drinks.
-  Oxo / Bovril.

Dose 1 - 6 PM (mango flavour)	
1. Open the carton and remove the Dose 1 sachet .	
2. Pour the contents of the Dose 1 sachet in a measuring container that can hold at least 500 ml of fluid.	
3. Add water to make up to 500 ml and stir until all the powder has fully dissolved.	
4. Each dose of PLENVU must be sipped slowly over 30 minutes, followed by 500 ml of mandatory clear fluid over a further 60 minutes.	

Dose 2 - 9 PM (fruit punch flavour)

1. Open the carton and remove the **Dose 2 sachets A and B**.



2. Pour the contents of **Dose 2 sachets A and B** into a measuring container that can hold at least 500 ml of fluid.



3. Add water to make up to 500 ml and stir until all the powder has fully dissolved.



4. Each dose of PLENVU must be **sipped slowly** over 30 minutes, followed by 500 ml of mandatory clear fluid over a further 60 minutes.



Hints and Tips

- Sip slowly over at least 30 minutes.
- Alternate between sips of PLENVU and clear fluids.
- Once dissolved (this may take up to 8 minutes), the solution can be refrigerated.
- Try using a straw.
- Stay hydrated with plenty of clear fluids.

After you drink PLENVU, you will have lots of watery bowel movements. This is perfectly normal and shows that it is working. It is advisable to stay near a toilet because you may need to use it urgently. Bowel movements usually stop soon after you have finished taking PLENVU.

Response to PLENVU varies considerably with each person. Some people will start to open their bowels within 1 hour, for others, it may take hours to work.

If after taking PLENVU you do not have a bowel motion within 6 hours, please seek medical advice from the Endoscopy pre-assessment nurses on **0113 3922585**.

If it is out of normal office hours, please seek advice from your GP or ring NHS helpline on **111**.

Are there any side-effects?

Most medicines can cause side-effects. The manufacturers leaflet contains a list of the known side-effects. Everyone reacts differently to medicines. You may have some side-effects or none at all. If you suffer from any of the following:

- difficulty breathing;
- swelling of your face, lips, tongue or throat; and
- hives (a raised itchy rash).

STOP taking PLENVU and get emergency medical help by calling **999**.

Will PLENVU affect any of my other medicines?

Oral medications may not be absorbed when taking PLENVU. If you take any medicines, take them at least 1 hour before taking PLENVU or at least 1 hour afterwards. If you have any questions about medicines, please talk to your doctor, pre-assessment nurse or pharmacist before taking PLENVU.

Can I drink alcohol while I am taking PLENVU?

You should not drink alcohol whilst taking PLENVU.

Please contact the Endoscopy Pre-assessment Team if you have any questions about taking your bowel preparation on **0113 3922585**.



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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