



## How to prepare your bowel for Colonoscopy taking Plenvu

You have an appointment for a colonoscopy examination of your bowel. To enable the endoscopist to examine your bowel thoroughly, your bowel must be completely free of waste material.

To prepare your bowel, this leaflet gives you instructions about a special diet you are requested to follow before the colonoscopy and also how to take the laxative, Plenvu, which you have been prescribed.

### About Plenvu

Plenvu is a special powder that, when dissolved in water, it is a bowel-cleansing agent. This means it flushes everything out of your bowel through a laxative action so that it is completely empty and clean, ready for examination.



The active content of Plenvu are PEG 3350, Sodium ascorbate, Sodium sulfate, Ascorbic acid, Sodium chloride, Potassium chloride. Please alert the pre-assessment nurse immediately, if you are allergic to any of these products. Please read the product information contained in the packaging before taking this product.

### Your Current Medication



For medication advice, please read the accompanying leaflet 'Having a Colonoscopy'. If you are a renal or diabetic patient on medications or insulin, please check with your pre-assessment nurse or the Endoscopy Unit you are attending, before taking Plenvu.

**ALL IRON TABLETS SHOULD BE STOPPED FOR 7 DAYS BEFORE THE PROCEDURE**

### Preparing your bowel

You must follow these instructions closely, as the success of your examination depends on your bowel being as clear as possible.



Three days before the colonoscopy appointment – start eating a low residue diet (avoiding all fibre)

See table below for when you should start this diet and when to take Plenvu

Day of Appointment	When to start low fibre diet	When to start taking Plenvu
Monday	Friday Before	Sunday Before
Tuesday	Saturday Before	Monday Before
Wednesday	Sunday Before	Tuesday Before
Thursday	Monday Before	Wednesday Before
Friday	Tuesday Before	Thursday Before
Saturday	Wednesday Before	Friday Before
Sunday	Thursday Before	Saturday Before

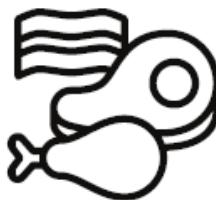
### Low residue (low fibre) diet- foods allowed



Dairy Products: milk and milk drinks, butter and margarine, eggs and cheese



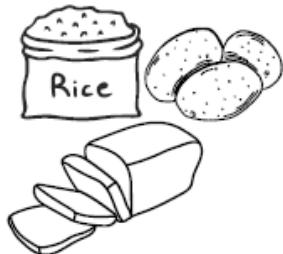
Meat Products: Tender beef, lamb, veal, pork and chicken, crispy grilled bacon



Fish Products: Boneless fish or battered/breadcrumb coated fish such as fish fingers etc



**Carbohydrates:**  
Plain pasta (not wholemeal), white rice, white bread, cream crackers, potatoes (without skins) e.g. mashed or boiled



**Breakfast cereals:**  
Cornflakes, Rice Crispies, Frosties, Sugar Puffs, Special K



**Puddings:**  
Custard, jelly, ice-cream, steamed puddings, , plain/flavoured yoghurt (with no added fruit or nuts)



**Drinks:**  
Any type of drink is suitable that does not contain fibre bits



## Foods to avoid:



•Fruit: including dried fruit. Avoid fruit peel/rind & pips in jam, marmalade, cakes



•Vegetables and Salads. Strain soups containing vegetables



•Bread. Wholemeal, wholewheat, granary, brown or high fibre white or rye bread



Coarse cereals e.g. All Bran, Weetabix (avoid bran)



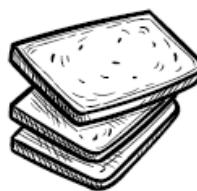
•Nuts, pips, seeds



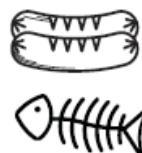
•High fibre biscuits. Digestive & those containing oats, bran, dried fruit etc



•High fibre crispbreads & wholewheat crackers



•Pickles, tough meat, sausages, herrings and any fish with fine bones



## The day before your colonoscopy



**9am-** Stop eating solid food. Do not eat anything solid now until after your colonoscopy. You are allowed to continue to drink clear fluids whilst taking the Plenvu and up until 2 hours before your appointment but these drinks must not have any milk or fruit or fibre bits in them. Sugar may be added to sweeten them

### Clear fluids allowed:



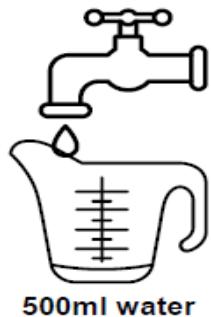
Water, Squash,

Black tea/coffee (lemon allowed)

Herbal tea

Oxo, Bovril, Marmite or stock cubes dissolved in hot water

## 6pm- Start taking dose 1 of Plenvu



- Open the box and remove the sachet for dose 1.
- Pour the contents of this sachet into a jug that holds 500ml of water.
- Add water into the jug up to the 500ml mark and stir until all the powder has dissolved and the Plenvu solution is clear or slightly hazy; this can take up to 8 minutes, the solution can be refrigerated.
- Sip slowly and drink the 500mls over the next hour, approximately one glass every 15 minutes.

**7pm – drink at least a litre of fluid over the next hour, from the ‘Fluids Allowed’ list above. It’s important to stay well hydrated**



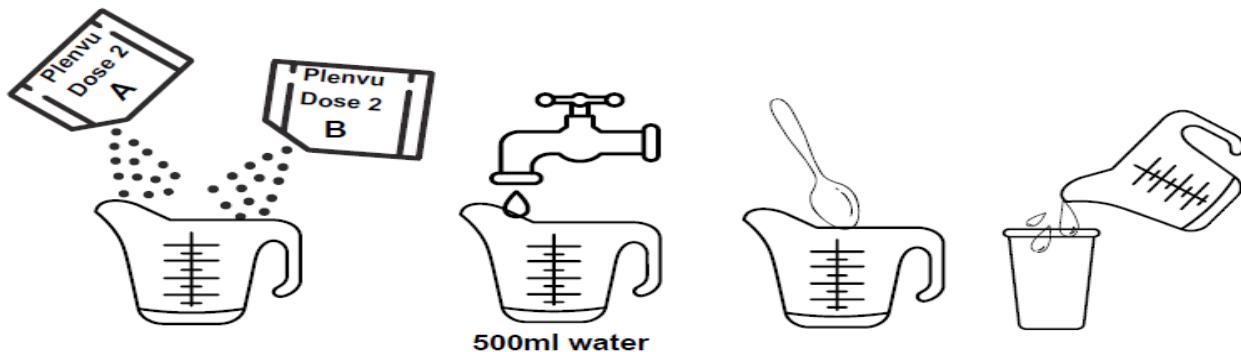
**Note.** When you start drinking the Plenvu solution, it is important that you stay close to a toilet. At some point, you will start to experience watery bowel movements. This is quite normal and indicates that the Plenvu is working. The bowel movements will stop soon after you finish drinking. If you have slept the night and have still not had a bowel movement, contact the hospital you are attending. The telephone numbers are listed at the end of this information.

#### Day of procedure



#### 5am – Take Second dose of Plenvu

- Remove sachet A and sachet B from the box. Pour the contents of both sachets into a jug that holds 500ml of water.
- Add water into the jug up to 500ml mark and stir until all the powder from both sachets has dissolved and the Plenvu solution is clear or slightly hazy; this can take up to 8 minutes, and the solution can be refrigerated.
- Sip slowly and drink the 500mls over the next hour, approx. one glass every 15 minutes.



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**6am-drink at least a litre of fluid over the next hour, from the 'Fluids Allowed' list above. It's important to stay well hydrated.**

**You can continue to drink clear fluids up until 2 hours before your colonoscopy appointment.**

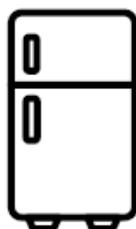


**Remember. Do not eat anything after 9am the day before your procedure, you have started to cleanse your bowel and eating any food will undo the effect of the laxatives.**

## Hints and Tips



**Sip very slowly over 60 minutes, plus an additional 1000ml of clear fluid**



**Once dissolved (this may take up to 8 minutes) the solution can be refrigerated**



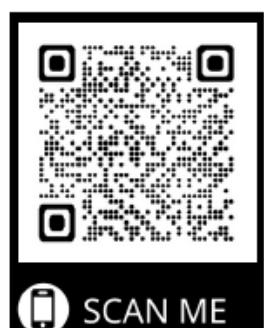
**Alternating between the Plenvu solution and clear fluid is acceptable**



**Stay hydrated with plenty of clear fluid**



**Try using a straw**



**for more information please visit  
[www.bowelcleansingmatters.co.uk](http://www.bowelcleansingmatters.co.uk)**

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## **Side Effects**

You may experience headaches, nausea and sometimes vomiting. These effects pass off quickly. Abdominal bloating can occur and, less frequently, abdominal cramps. Should the feeling of swelling of your stomach or pain arise, Plenvu should be slowed or temporarily stopped.

The skin around your bottom can become red and sore due to frequent bowel motions. A barrier cream such as Vaseline or nappy rash preparations can protect the skin. The soreness is temporary and will disappear in a few days.

Rarely some people are allergic to Plenvu, and may get an itchy skin rash (nettle rash or hives), swelling of the face, ankles or other parts of the body, extreme fatigue, or shortness of breath.

**If any of the side effects mentioned become serious or you notice side effects not listed in this leaflet, please either contact the Endoscopy Unit you are attending or contact your GP/Pharmacist.**

What to do if:

- You take more Plenvu than you should: drink lots of liquids.
- If you forget to take Plenvu, take the next dose as soon as you remember. If it is several hours after the time when you should have taken it, contact the endoscopy unit where you are having your procedure, your doctor, nurse or pharmacist for advice. You must be having your preparation at least an hour before your procedure.
- Do not take a double dose to make up for forgotten dose.

**Finally, we understand that taking any type of bowel preparation can be uncomfortable, inconvenient and tiring. We want to ensure however that your test is successful and of good quality and therefore urge you to follow these bowel instructions as closely as you can.**

**If you have any queries or concerns about this information or need advice, please contact the Endoscopy Unit you are attending, the Pre-assessment nurse or if you are a Bowel Cancer screening patient, the screening helpline.**

**Out of hours Endoscopy Nurse is contactable for emergencies only through the main hospital switchboard on 0121 424 2000.**

**Good Hope Hospital Endoscopy Unit:0121 424 9506**

**Heartlands Hospital Endoscopy Unit:0121 424 0438**

**Solihull Hospital Endoscopy Unit:0121 424 5394**

**Pre-assessment Nurse, Heartlands:0121 424 0423**

**Bowel Cancer Screening Helpline: 0121 424 9373**

**Queen Elizabeth Hospital Endoscopy Unit: 0121 371 3833**



## Accessibility

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