

# PLENVU Laxative instructions - afternoon appointment

Information and advice for patients preparing for a colonoscopy or sigmoidoscopy

## Bowel Cancer Screening Programme

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These instructions show how to take Plenvu before your procedure. Please, also read the patient information leaflet provided by the manufacturer.

### What is Plenvu?

Plenvu is a strong laxative. It is a powder that you mix with water and then drink. You will have either been sent the Plenvu through the post or you will have been given it at an appointment. Plenvu will give you diarrhoea, so you should stay close to the toilet once you have taken it.

### What are the benefits of Plenvu?

Taking Plenvu will empty your bowel so that the lining can be examined properly during your colonoscopy or sigmoidoscopy.

### What are the risks of taking Plenvu?

Plenvu can cause side effects such as nausea (feeling sick), vomiting, diarrhoea, bloating, abdominal (tummy) pain, sleep disturbance and irritation around your bottom. Applying a barrier cream to your bottom, such as zinc and castor oil can help avoid or ease soreness.

Excessive vomiting and diarrhoea can lead to fluid loss (dehydration) with dizziness, headache, and confusion if you do not have enough fluid and salt to replace what has been lost.

If you feel very unwell while taking the Plenvu please contact your GP or call 111. If your symptoms are severe, please go to A&E or call 999 in an emergency.

### What are the risks of not taking Plenvu?

If you do not take the Plenvu correctly your bowel will not be cleansed well enough for a safe and effective examination, which may mean we need to cancel your procedure.

### Before taking Plenvu

If you are diabetic, you will need a leaflet to tell you how to take your diabetes medicines correctly. Call us if you have not received this, see contact us section for details.

If you are on blood thinning tablets (e.g. warfarin, rivaroxaban, dabigatran, clopidogrel/Plavix, prasugrel, ticagrelor or apixaban) these may need to be stopped. There should be a plan in

place from the screening nurses. If there is not, please contact the bowel cancer screening team for further advice.

If you take the contraceptive pill, you should use another type of contraceptive for the week following taking Plenvu.

## Medications

Iron tablets ..... last dose on .....

Anticoagulant ..... last dose on .....

Antiplatelet ..... last dose on .....

Diabetic care - leaflet given Yes / No

Other ..... stop on .....

Other ..... start on .....

## Three days before the test

Date .....

You need to follow a low residue diet for at least three days before the test to help your bowel empty properly for the colonoscopy or sigmoidoscopy. A low residue diet is made up of foods that are easy to digest and avoids foods that are high in fibre.

High Fibre foods you CAN'T eat	Low residue foods you CAN eat
<ul style="list-style-type: none"> <li>• Bread – wholemeal, high bran, granary, high fibre or half wholegrain</li> <li>• Wholemeal pittas, chapattis, crumpets, scones and muffins</li> <li>• Cereal bars, digestive biscuits, fruit cake, fig rolls</li> <li>• Wholemeal lasagne/pasta</li> <li>• Brown rice</li> <li>• High fibre or bran crisp breads and crackers</li> <li>• Wholemeal, wholegrain bran or high fibre cereals, porridge and muesli</li> <li>• Nuts</li> <li>• Fruit/vegetables - fresh, frozen, cooked, or dried.</li> <li>• Beans, lentils and chick peas</li> <li>• Potatoes with skin on</li> </ul>	<ul style="list-style-type: none"> <li>• White cereals such as cornflakes, frosties or rice based cereals</li> <li>• White rice, white pasta or white noodles</li> <li>• Plain white biscuits such as rich tea, custard creams, nice or malted milk</li> <li>• White bread, crumpets and scones (without dried fruit)</li> <li>• Well cooked meat, fish, cheese, egg or tofu</li> <li>• Potatoes without the skin</li> <li>• Butter or margarine</li> <li>• Ice cream, custard, rice pudding or clear jelly</li> </ul>

## The day before the test

Date .....

Do not eat anything after 1 pm (after lunch), even if you feel hungry, because your bowel needs to be completely empty for your examination. You can have clear soups, clear soft drinks, clear cordials, black tea, herbal tea or coffee without milk. Sugar can be added if you like but all drinks must not contain fibre.

These drinks can be taken until 2 hours before your procedure.

### 6 pm take dose 1

1. Open the Plenvu box and remove the Dose 1 sachet.



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2. Pour the contents of Dose 1 sachet into a measuring container that can hold at least 500ml of fluid.



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



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4. Each dose of Plenvu must be sipped slowly over 1 hour along with 500ml of clear fluid.

Continue drinking clear fluids throughout the evening.

Clear fluids include:

- Water
- Tea and Coffee without milk
- Clear soup (no bits)
- Soft drinks/cordial (not blackcurrant)

## Day of your test

Date .....

Remember do not eat anything.

### 6am Take dose 2

1. Open the box on Plenvu and remove the Dose 2 sachets A & B.



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



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



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4. Each dose of Plenvu must be sipped slowly over 1 hour along with 500ml of clear fluid.

Continue to drink clear fluids up to 2 hours before your appointment.

## Hints & Tips

- Sip Plenvu plus 500ml of clear fluid slowly over 1 hour.
- 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, so stay near a toilet because you may need to use it urgently.
- If you take oral medication do not take it an hour either side of drinking your dose of plenvu.

Always read the label. It is extremely important to complete your bowel preparation fully as instructed because we will need to have a clear view of the inner lining of your bowel.

**If you have missed a dose or taken it incorrectly, please phone the Bowel Cancer Screening nurses.**

## Contact details

Please contact us if you have any questions or concerns.

### SWBH Bowel Cancer Screening Nurses

0121 507 3185/3874

### Queen Elizabeth Hospital Bowel Cancer Screening Nurses

0121 371 6993

### When out of hours, please contact:

MMUH - C8 – Medicine, Gastroenterology 0121 507 3493

6.30pm-8am Monday-Friday (evening), and weekends.

## Further information

### Norgine Plenvu

[www.bowelcleansingmatters.co.uk](http://www.bowelcleansingmatters.co.uk)



For more information about our hospitals and services please see our website

[www.swbh.nhs.uk](http://www.swbh.nhs.uk) or follow us on X @SWBHnhs and Facebook [www.facebook.com/SWBHnhs](http://www.facebook.com/SWBHnhs).

## Sources used for the information in this leaflet

- Imperial College healthcare NHS trust (2021). *Low residue diet, information for patients, relatives, and carers*. London: Imperial College healthcare NHS trust.
- Electronic medicines compendium (2022). *Plenvu powder for oral solution*. [Online]. Available at: <https://www.medicines.org.uk/emc/product/8578/smpc#gref> (Accessed 18 April 2024).
- Connor, A., Tolan, D., Hughes, S., Carr, N., & Tomson, C. (2012). Consensus guidelines for the safe prescription and administration of oral bowel-cleansing agents. *Gut*, 61(11), 1525-1532.
- UK National Patient Safety Agency NPSA. (2009). Reducing risk of harm from oral bowel cleansing solutions.

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