

PLENVU Laxative instructions - morning appointment

Information and advice for patients preparing for a colonoscopy or sigmoidoscopy

Endoscopy

These instructions show how to take PLENVU before colonoscopy or sigmoidoscopy. Please, also read the patient information leaflet that comes in the Plenvu box.

Quick guide

There is more detailed information throughout the leaflet, but here is a quick summary of what you need to do:

7 days before the test - Stop taking Iron tablets.

5 days before the test - Start eating a low fibre diet.

1 day before the test:

8am Eat a light breakfast.

9am - **NO** solid food or milk after 9am, even if you feel hungry, because your bowel needs to be completely empty for your examination. You can have water, diluted cordials (not blackcurrant), herbal tea, clear soup, clear fruit juice (without pulp), black tea or coffee (without milk).

6pm Mix dose 1 of Plenvu with 500mls of water then drink slowly over 1 hour along with 500mls of more water.

9pm Mix dose 2 of Plenvu, sachets A and B with 500mls of water then drink slowly over 1 hour along with 500mls of more water. Continue to drink **CLEAR** fluids alongside or after (as described above) up to 2 hours before your appointment.

Scan here for a video guide to taking Plenvu



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 healthcare professional who referred you regarding this. If there is not, please contact the referrer for further advice.

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

Seven days before the test

You need to stop taking tablets containing iron.

Five days before the test

You need to follow a low fibre diet for at least 5 days before the test to help your bowel empty properly for the colonoscopy. A low fibre diet consists of foods that are easy to digest and avoids food containing high fibre.

Foods to avoid	Foods you can eat
<ul style="list-style-type: none"> • Red meat, sausages, pies • Vegetables • Fruit or salad • Nuts, seeds, and pulses, including baked beans. • Puddings containing fruit or nuts. • Cakes and biscuits • Whole meal pasta, brown rice • Potato skins 	<ul style="list-style-type: none"> • White meat, skinless chicken,grilled or poached fish • White bread, rice, pasta, boiled or mashed potatoes (without skin). • Cheese, eggs, tofu • Clear soup (without bits), Tea, coffee • Butter/margarine • Ice cream, custard • Shredless marmalade or jam

The Day before your test

Have a light breakfast. No solid food or milk after 9am, even if you feel hungry, because your bowel needs to be completely empty for your examination. You can have water, diluted cordials (not black currant), herbal tea, clear soup, clear fruit juice (without pulp), black tea and coffee (without milk).

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

9pm

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.

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 us on the numbers below.

Contact details

If you have any questions or concerns please contact the endoscopy unit on one of the following numbers:

0121 507 5318

0121 507 2796

Further information

Norgine Plenvu

www.bowelcleansingmatters.co.uk



For more information about our hospitals and services please see our website www.swbh.nhs.uk or follow us on X @SWBHnhs and Facebook www.facebook.com/SWBHnhs.

Sources used for the information in this leaflet

Electronic medicines compendium (2022). *Plenvu powder for oral solution*. [Online]. Available at: <https://www.medicines.org.uk/emc/product/8578/smpc#gref> ((Accessed 20 February 2024).

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UK National Patient Safety Agency NPSA. (2009). Reducing risk of harm from oral bowel cleansing solutions.

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ML7308
Issue Date: July 2024
Review Date: July 2027