

# Bowel preparation instructions for colonoscopy or flexible sigmoidoscopy using PLENVU – morning procedure

This leaflet is for patients who are having a colonoscopy or flexible sigmoidoscopy with a bowel preparation called PLENVU.

These are instructions that will show you how to take PLENVU in preparation for your colonoscopy or flexible sigmoidoscopy procedure. You are also advised to read any patient information leaflet provided by the manufacturer.

## What is PLENVU?

PLENVU is a strong laxative that you need to take before your colonoscopy or flexible sigmoidoscopy. It is powder which you must mix with water and drink.

PLENVU will give you diarrhoea so you should stay close to a 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 flexible sigmoidoscopy.

## What are the risks of taking PLENVU?

The risk of taking PLENVU is that it can cause side effects such as nausea (feeling sick), vomiting, diarrhoea, bloating, abdominal (tummy) pain, sleep disturbance and anal irritation. Applying a barrier cream such as zinc and castor oil can help soreness on the bottom. 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 unwell while taking PLENVU, please contact your GP. 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 PLENVU correctly, your bowel will not be cleansed enough to ensure a safe and effective examination, which may mean we need to cancel your procedure.

## Are there any alternatives to taking PLENVU?

There are alternative types of laxative available but these have the same effect. PLENVU is the one we recommend. If you are concerned about taking PLENVU, you can contact the endoscopy unit.

## Before taking PLENVU

Please let the doctors or nurses know about the medication that you are taking before you take PLENVU.

If you take diabetic tablets or insulin and have not received a diabetic leaflet or you are on tablets that thin the blood such as warfarin, rivaroxaban, dabigatran, clopidogrel/Plavix, prasugrel, ticagrelor or apixaban, please contact the doctor who referred you before you take the PLENVU. If you take contraceptive pill, you should take another type of contraception for the week following taking the PLENVU.

### Seven days before the test

You need to stop taking tablets containing iron.

### Three days before the test

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 flexible sigmoidoscopy. A low residue diet is made up of foods that are easy to digest and avoids foods that are high in fibre.

Food Type	Foods to include	Foods to avoid
<b>Meat/fish</b>	Minced or well cooked - lean beef, lamb, ham, veal, pork, poultry, fish, shellfish.	
<b>Fruit / vegetables</b>	Potatoes - boiled, creamed, mashed or baked (no skins).	All fruit and vegetables
<b>Pasta / rice</b>	Plain macaroni, spaghetti, noodles. Plain boiled white rice.	Wholemeal pasta or spaghetti. Brown rice, vegetable rice.
<b>Cereals / bread</b>	Cornflakes, crisped rice. White bread, plain teacakes and plain rolls	Weetabix, Bran Flakes, muesli. Wholemeal, oatmeal or granary bread. High fibre white bread. Fruit teacakes or rolls with seeds or oats on top
<b>Biscuits / pastries / puddings</b>	Plain biscuits and crackers. Plain sponges, white flour, plain scones, plain pancakes, plain muffins. Jelly (not red coloured), plain yogurts. Yorkshire puddings	Wholemeal crackers, bran biscuits, digestives, oatcakes and fruit biscuits. Wholemeal flour, fruitcake, cakes with seeded jam fillings, wholemeal / fruit scones. Fruit, nut or muesli yoghurts
<b>Other</b>	Soft cheese, cottage cheese, cheese sauce. Eggs, clear soup, vinegar, mustard, herbs, Worcester sauce, sweets, sugar, seedless jam / marmalade, honey, golden syrup, treacle, lemon curd, margarine.	Pickles, chutney, thick vegetable / lentil soup, jam / marmalade with skins or pips

### Clear fluids

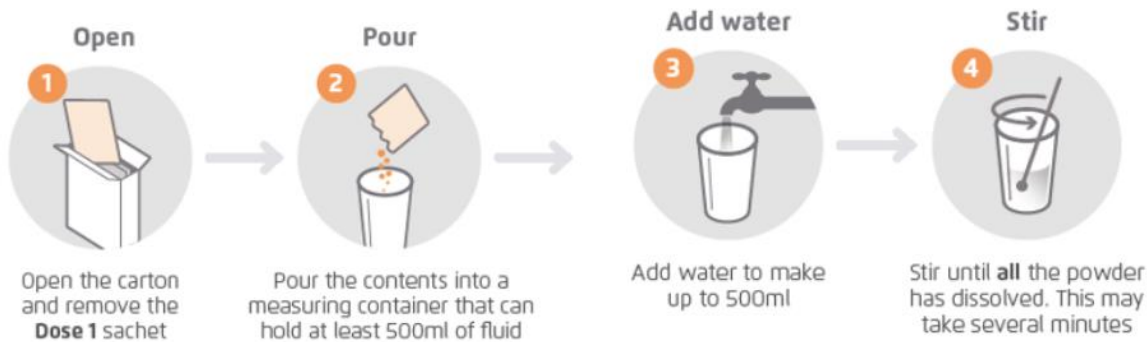
Once your bowel preparation has started, you can have:

- water
- black tea or black coffee
- consommé
- clear or strained soup
- cola, lemonade or other fizzy drinks in small quantities
- squash
- yeast or beef extract drinks, such as Bovril

If you have any questions or concerns about taking the PLENVU please contact the Endoscopy department where you are having your investigation:

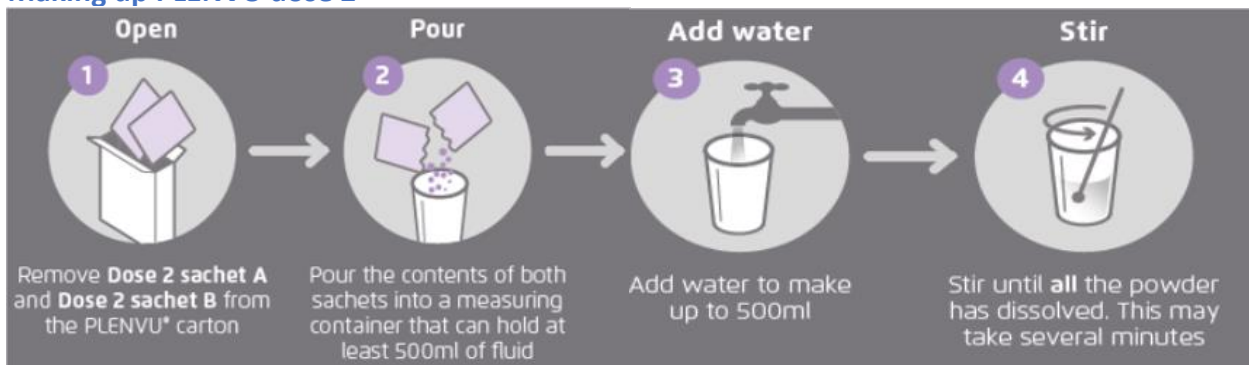
**Huddersfield Royal Infirmary Endoscopy Unit: 01484 355868**  
**Calderdale Royal Hospital Endoscopy Unit: 01422 223920**

### How to Prepare PLENVU dose 1



You should make up Plenvu® Dose 1 when you need it, based on your dosing schedule (see below).

### Making up PLENVU dose 2



### The day before your examination

You must take no solid food today or tomorrow until after the procedure and you can only drink clear fluid (see above).

#### 12 pm

Fill a jug with 500mls of water and dose 1 sachet sip the fluid slowly over 1 hour.

#### 4 pm

Fill a jug with 500mls of water and add the dose 2 sachet sip the fluid slowly over 1 hour.

(**Tips**-put made up PLENVU in fridge/ add light coloured cordial. Drink through a straw - **DO NOT** add red or purple coloured drinks).

**After each litre you should drink an additional 500mls of clear fluid to prevent you becoming dehydrated. DRINK ON DAY OF TEST**

After each 500ml you should drink an additional 500mls of clear fluid to prevent you becoming dehydrated. Clear Fluids-water, dilute cordial, black tea/coffee, Bovril, Oxo, clear soup

#### General advice

- Do not eat anything on the day before your colonoscopy until after your hospital appointment.
- To prepare one litre of PLENVU: pour the contents of one sachet A and one sachet B into a jug, make up to one litre with water (not chilled).
- Drink an additional 500 ml of water or clear fluids with each sachet of PLENVU taken
- If you take any oral medication, do not take it an hour either side of drinking your dose of PLENVU.
- Stay near a toilet. The bowel movement will be watery like diarrhoea.
- Use a barrier cream for example Vaseline to protect the skin around your anus (bottom).

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

**If you do not follow these instructions, it will not be possible for us to do the colonoscopy or flexible sigmoidoscopy test**