What is **Plenvu**

Each box contains 3 sachets, making up dose 1 (1 sachet), and dose 2 (sachet A & B)

Why do I need to take it?

Taking Plenvu before your appointment will give you a clean bowel.

What to Expect

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.



Reporting of Side Effects

United Kingdom

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at **www.mhra.gov.uk/yellowcard**. By reporting side effects you can help provide more information on the safety of this medicine.

Ireland

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly to the HPRA, via **www.hpra.ie** or by calling (01) 676 4971.
By reporting side effects you can help provide more information on the safety of this medicine.

A patient support item from Norgine.
Norgine Pharmaceuticals Limited, Moorhall Road, Harefield, Middlesex UB9 6NS.
E-mail: os-medinfo@norgine.com.
Tel: +44 (0) 1895 826 606.

Importance of **Proper Cleansing**

- A clean bowel will allow for a clear view of its inner lining which is important for both accurate diagnosis and treatment.
- Abnormal changes may be tiny, so even the smallest amount of faeces could potentially disguise something important.
- **If the bowel is not empty and clean enough, the procedure may have to be cancelled and repeated on another occasion at a later date.**

How to Prepare Plenvu

Dose 1



Empty dose 1 sachet in to a 500ml jug

Add water to make up 500ml and stir until fully dissolved

Sip very slowly over **60 minutes**

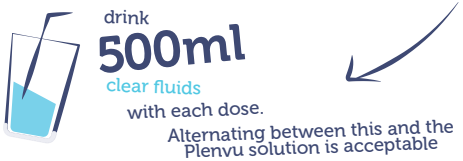
Dose 2



Empty dose 2 sachets (A & B) in to a 500ml jug

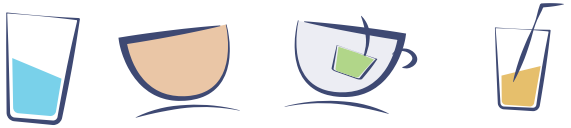
Add water to make up 500ml and stir until fully dissolved

Sip very slowly over **60 minutes**



Patient Advice **Clear Fluids**

You must drink an extra 500ml of clear fluids with each dose. Continue drinking clear fluids to keep yourself hydrated until 2 hours before your procedure and then stop drinking, clear drinks may include:



Water | Clear soups (no bits) | Tea & Coffee (without milk) | Soft drinks (cordial - not blackcurrant)

• • • • • • Do Not Drink Alcohol • • • • • •

Plenvu may be easier to take when:

- Adding cordial (to alter the flavour, but not blackcurrant as it will stain the bowel)
- It has been chilled once it has been made up

Further advice for patients:

- Using wet wipes after each bowel movement
- Use a barrier cream to prevent a 'sore bottom' for example: petroleum jelly

Hints & Tips



Sip the Plenvu solution very slowly over 60 minutes alongside an additional 500 ml clear fluids (you can alternate between sips of Plenvu and clear fluid if you'd like)



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

When to Take Your Plenvu

Day Before Dosing



Dietary Advice

For specialised diets, please refer to your healthcare professional

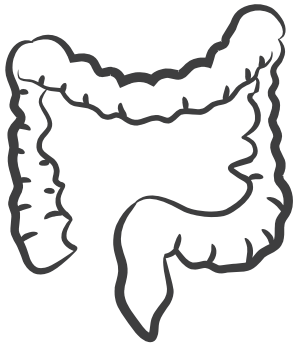
Low Fibre Foods Which Are Preferred

- Butter or margarine
- Cheese, eggs or tofu
- Clear soups, tea or coffee
- Ice cream or custard
- Natural plain yoghurt
- White meats, skinless chicken, grilled or poached fish
- Shredless jam or marmalade
- White bread, rice, pasta, boiled or mashed potatoes

High Fibre Foods Which Should Be Avoided

- Red meat, sausages or pies
- Nuts, pulses, seeds inc. baked beans
- Wholemeal pasta or brown rice
- Vegetables, fruit or salad
- Cakes or biscuits
- Potato skins, chips or french fries
- Puddings containing fruit or nuts
- Wholemeal, seeded bread or brown bread

What is a Colonoscopy?



A colonoscopy is a test that uses a narrow, flexible, telescopic camera called a colonoscope to look at the lining of your large bowel. A colonoscopy can be used to detect irritated and swollen tissue, ulcers, or growths such as polyps. It helps to diagnose or exclude health conditions like Crohn's disease, ulcerative colitis, diverticular disease and bowel cancer.

Hints & Advice on Taking Plenvu



For more information please visit

bowelcleansingmatters.co.uk

This is an external link to a patient website intended for those patients who have been prescribed Plenvu by their healthcare professional.

Morning Appointment

Dosing timeline code: UKE-COR-PR-2200020
Date of preparation: July 2022
What is a Colonoscopy Code : UKE-COR-PR-2200017
Date of preparation: July 2022
Code: UKE-COR-PR-2200024
Date of preparation: October 2022

Supplied as a patient support item by Norgine

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