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



Natural plain yoghurt



White meats, skinless chicken, grilled or poached fish



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Clear soups,

tea or coffee

Shredless jam marmalade



Ice cream

or custard

White bread, rice, pasta, boiled or mashed potatoes

····· High Fibre Foods Which Should Be Avoided ······



Cakes



Nuts, pulses, seeds Wholemeal pasta sausages or pies inc. baked beans or brown rice



or biscuits



Puddings Potato skins. chips or containing french fries fruit or nuts





Wholemeal, seeded bread or brown bread

Notes

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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

Dosingtimelinecode:UKE-COR-PR-2200020 Date of preparation: July 2022 NotesCode: UKE-COR-PR-2200018 Date of preparation: July 2022 Code:UKE-COR-PR-2200024 Date of preparation: October 2022



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 atwww.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 UBa 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 large jug



Add water to make up 500ml and stir until fully dissolved (may take 8 minutes)



Sip very slowly over **60 minutes**

Dose 2



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



Add water to make up 500ml and stir until fully dissolved (8 minutes)



Sip very slowly over **60 minutes**

drink

500ml

Clear fluids with each dose.

Alternating between this and the Plenvu solution is acceptable

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:

- \cdot 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 solutionvery slowlyover 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 hydratedwith plenty of clear fluids