

Patient information factsheet

Bowel preparation using Plenvu® (morning procedure)

We have given you this factsheet to explain how to use Plenvu® bowel preparation before your colonoscopy or flexible sigmoidoscopy. Please make sure you read this information and follow the instructions carefully before your procedure. If you do not follow these instructions, we may have to reschedule or repeat your procedure.

Why do I need to take the bowel preparation?

Your bowel must be emptied of waste material to ensure the endoscopist (a healthcare professional who performs endoscopy procedures) can see clearly when you have your procedure.

What is Plenvu®?

Plenvu® is a powerful laxative used to clear the bowel before a colonoscopy or flexible sigmoidoscopy. It comes as a powder that you mix with cool water and then drink.

A box of Plenvu® contains two doses:

- **Dose 1** - a single sachet
- **Dose 2** - two sachets (labelled 'A' and 'B')

What to expect

While you are taking Plenvu®, you should expect frequent bowel motions until eventually you are passing just liquid. You need to be aware that you may experience urgency. Occasionally, people aren't able to control their bowel motions, so you may need additional protection. We advise staying at home after taking the bowel preparation so that you are near to a toilet. It is important that you finish all the Plenvu® even if your motions are already liquid and clear.

Plenvu® does not usually cause any harmful side effects. However, it is common to experience bloating and loud tummy noises (gurgling). For more information about what to expect while taking Plenvu®, see the 'Useful links' section on page 3.

If you have any concerns about side effects, please contact us using the details on page 3.

How to take Plenvu® (diet, drink and medications advice schedule)

Three days before your procedure

You will need to follow a **low fibre diet** for **three days** before your procedure. You will also need to increase the amount of fluid you drink to ensure you stay well-hydrated. Please see the table on page 3 about what you can and can't eat and drink while on the low fibre diet. **It is important that you follow this guidance carefully.**

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One day before your procedure

Time	Diet, drink and medications schedule	Completed
	If you take any medications orally (by mouth), you should take these at least an hour before or after drinking the Plenvu®. This allows time for your body to absorb the medication(s) correctly.	
7am to 9am	Eat a light breakfast from the 'Recommended foods' list.	
9am onwards	Do not eat any food from now until after your procedure. You may have clear fluids (fluids you can see through) only (see list of examples below).	
2pm	Mix the contents of the Plenvu® sachet labelled ' Dose 1 ' in 500ml of cool water. Allow the powder to fully dissolve and then drink it over the next one to two hours.	
	It is important that you drink an additional 500ml of water or clear fluids after drinking each 500ml dose of Plenvu®. This helps to avoid dehydration.	
6pm	Mix the contents of the Plenvu® Dose 2 sachets labelled ' A ' and ' B ' in 500ml of cool water. Allow the powder to fully dissolve and then drink it over the next one to two hours.	
	Drink another 500ml of water or clear fluids.	
	Plenvu® will start to work anytime up to two hours after taking it. You can go to bed when you stop going to the toilet.	

Examples of clear fluids

- Water
- Black tea or black coffee (**without milk**)
- Fizzy drinks
- Fruit squash (**not blackcurrant**)
- Clear soup
- Yeast, beef or vegetable extract drinks, such as Bovril (these must contain no solid bits)

On the morning of your procedure

Do not eat any food (this includes sweets and chewing gum).

Take any essential oral medications with a small amount of water.

You can continue to drink water or clear fluids up until **two hours** before your procedure.

You will be able to eat and drink as normal after your procedure. You may wish to bring something with you to eat after your procedure such as a sandwich.

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Low fibre diet

Recommended foods (low fibre foods)	Foods to avoid (high fibre foods)
<ul style="list-style-type: none">• White meat, skinless chicken, grilled or poached fish• Cheese, eggs, soya and tofu• Ice cream and custard• White bread, pasta, boiled rice or mashed potatoes (no skins)• Clear soup• Butter or margarine• Rich Tea or plain biscuits• Croissants• Marmalade or jam (without skins or pips)• Low fibre breakfast cereals such as corn flakes and Rice Krispies• Tea or coffee (with or without sugar)• Water, fruit squash (not blackcurrant) or fizzy drinks	<ul style="list-style-type: none">• High fibre breakfast cereals such as bran flakes and porridge oats• Any fruit, salad or vegetables• Red meat (for example, pork, lamb or beef), sausages and pies• Nuts and pulses (including baked beans, sweetcorn and seeded bread)• Cakes and biscuits (other than Rich Tea or plain biscuits)• Yoghurts• Wholemeal or brown bread• Wholemeal pasta or brown rice• Potato skins, chips or French fries

Contact us

If you have any further questions or concerns, please contact us.

Hampshire bowel cancer screening department
Telephone: **023 8120 2977** (Monday to Friday, 8am to 6pm)

Outside of these hours, contact NHS **111** for advice.

Useful links

For more information and advice about taking Plenvu[®], including a step-by-step video guide, scan the QR code below or visit: www.bowelcleansingmatters.co.uk



If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **PFSH@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**