

Plenvu[®] for Capsule Endoscopy

Bowel Preparation Instructions

It is important that you follow these instructions carefully. If your bowel preparation is not clear, then a diagnosis may not be made, and you will have to undergo the procedure again.

7 days before Capsule Appointment

Stop iron tablets (Ferrous Sulphate) some multivitamins or supplements may contain small amount of iron
 If you are on Warfarin, Clopidogrel, Dipyriadamole or have Diabetes, please ring the Endoscopy Unit on 01932 722747

4 days before Capsule Appointment

Stop taking constipating agents such as Imodium / Loperamide or any pain relief containing Codeine Phosphate (Co-codamol / Co-dydramol etc.)
 Please continue taking all your other prescribed medication.

3 days before Appointment

You are **ALLOWED** to eat food from this list: white bread, pasta, or rice; boiled or mashed potato without skin; milk, butter, margarine, eggs, and tofu; white meat, skinless chicken, grilled or poached fish, clear jelly (except red or blackcurrant); custard, plain ice cream and boiled sweets.

You should **NOT** eat food high in fibre such as granary bread; bran; muesli; all fruits and vegetables. Red meat, sausage and pies, nuts and pulses including baked beans, whole meal pasta, brown rice, pudding containing nuts and fruits, cakes, biscuits, and yoghurts

1 day before your appointment

Please follow the instructions below and tick appropriate box once you have started the regimen.

Time	Day before Appointment	Please tick
7am	Light breakfast (from the allowed list of food) then nothing solid afterwards. Please aim to drink at least 9 pints of clear fluids during the bowel preparation.	
2 pm	Take First Dose 1 sachet of Plenvu (Please see instructions at the back)	
5pm	Take Second Dose 2 sachet A & B of Plenvu (Please see instructions at the back)	

Continue drinking clear fluids until 10pm only.

Day of the procedure

Do **not** eat or drink anything, except essential medication with a sip of water.

Other useful Information

Clear Fluid	Fluids to be avoided
<ul style="list-style-type: none">• Water, squash drinks, fizzy drinks, lemonade, tonic / soda, Lucozade• black tea or coffee• clear soup, sieved soup, clear broth, stocks. Jelled chicken soup• marmite / Bovril / OXO mixed with hot water	<ul style="list-style-type: none">• milk• all drinks containing MILK including hot chocolate drink• fruit juices with pulps• tomato juice

Instructions on how to prepare Plenvu®

Your Plenvu® box contains 3 sachets and each sachet is marked “Dose 1” and “Dose 2a and 1b”. This solution taste better when chilled so you may wish to prepare this in advance and keep refrigerated.

For **Dose 1**, empty the contents of Dose 1 sachet in a large jug that can hold at least 500mls of fluid. Add water to make up to 500mls and stir until all the powder has fully dissolved (this may take up to 8 minutes). Each dose of Plenvu must be **sipped slowly over 30 minutes** followed by 500mls of clear fluids for a further 30 minutes.

For **Dose 2**, empty the contents of Dose 2 sachets A and B in a large jug that can hold at least 500mls of fluid. Add water to make up to 500mls and stir until all the powder has fully dissolved (this may take up to 8 minutes). Each dose of Plenvu must be **sipped slowly over 30 minutes** followed by 500mls of clear fluids for a further 30 minutes.

You may find it easier to drink with a straw and if the mixture is chilled. If you feel sick while drinking the preparation, stop temporarily. Keep moving about and you should feel better.

It is advisable to stay near the toilet once you have started taking your bowel preparation. You should expect frequent bowel movement and diarrhoea within one to three hours from the first dose of the medication, this will continue until you have taken the last dose of the medicine. You may want to apply some cream such as Zinc and Caster Oil in your bottom to prevent soreness.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔
 ਜੇ ਤੁਹਾਨੂੰ ਡਰਾਈਂਗ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553
 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں
 Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553
 यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553
 Jeżeli chcemy, aby te informacje w innym języku,
 proszę zadzwonić 01932 723553

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