

# Plenvu® for Morning Appointment Bowel Preparation Instructions

This sheet gives you instructions on when and how to prepare your bowel prior to taking your laxatives for your procedure. It is important that you follow these instructions carefully to ensure your bowel is clear to allow us to complete your examination. Poor bowel preparation may mean requiring us to cancel and rebook your appointment.

## 7 days before Colonoscopy Capsule Endoscopy

Stop iron tablets (Ferrous Sulphate, Ferrous Gluconate, Ferrous Fumarate) some multivitamins or supplements may contain small amount of iron.

Stop any food containing bran (oat bran, wheat bran, rice bran etc.)

If you are taking Warfarin®, Clopidogrel®, Apixaban®, Dabigatran®, Edoxaban® or any blood thinning medication, please ring the Endoscopy Unit on 01932 722747 for advice.

## 4 days before Colonoscopy Capsule Endoscopy

Stop taking constipating agents such as Lomotil, Imodium/Loperamide, Buscopan, Cholestyramine or Colesevalam.

Stop taking pain relief medication containing Codeine Phosphate (Co-codamol® / Co-dydramol® etc.)

Please continue taking all your other prescribed medication.

## 3 days before Colonoscopy Capsule Endoscopy

You can continue to eat your normal meals but please avoid foods that are high in fibre. (See list below)

	ALLOWED (✓)	AVOID (X)
<b>Cereals</b>	Rice Crispies, Frosties, Sugar Puffs, Coco Puffs, Cornflakes	All wheat-based cereals like Shredded Wheat. Weetabix, porridge, Fruit and Fibre®, Muesli, granola, wheat bran and all bran
<b>Pasta</b>	white pasta	wholemeal pasta
<b>Rice</b>	white rice	brown rice
<b>Bread</b>	white bread	wholemeal, granary, soft grain, oat bread
<b>Meat</b>	chicken, turkey, fish, eggs	All red meat
<b>Fruits And Vegetables</b>	Baked, boiled, mashed potatoes WITHOUT skin	All fruits and vegetables
<b>Dairy</b>	Butter, margarine, cheese, almond milk	Cow's milk, goat's milk, oat milk, soya milk as it contains a lot of fibre
<b>Puddings / cakes</b>	Mousse, jelly (not red), sponge cakes, madeira cakes. Rich tea biscuits, wafer biscuits	Digestive, oat biscuits, Ryvita or anything containing wholemeal flour, dried fruits, and nut
<b>Soups</b>	<b>Sieved soup, clear broth, stocks Marmite® / Bovril® / OXO® mixed with hot water</b>	Chunky vegetable or lentil soups
<b>Drinks</b>	<b>clear fluids include squash drinks, coke, lemonade, tonic/soda, Lucozade, jelly, black tea or coffee</b>	fruit juices with pulp, tomato juice
<b>Preserves and Sweets</b>	Sugar, jam, marmalade, honey, maple syrup, lemon curd	Jams or marmalade with peels and seeds, chocolate bars containing dried fruits and nuts
<b>Others</b>	Tofu, plain yoghurt	Nuts, dried fruits, Quorn, hummus

## 1 day before your appointment

Try drinking at least 2 litres of clear fluids (8-10 glasses) per day. List of **clear fluids** allowed please **see allowed list in bold in the box above**.

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

TIME	MORNING APPOINTMENT	PLEASE TICK
7am	Good breakfast (from the list provided) then nothing solid afterwards	
10 am	Drink at least a pint of clear fluid	
12 pm	Clear soup + a glass of clear fluid	
2 pm	Drink at least 1 pint of clear fluid	
4pm	Clear soup + 1 pint of clear fluid	
6 pm	Take first dose Plenvu® (please see instructions at the back page)	
6.30 pm	Drink 500mls of clear fluids	
8 pm	Clear soup + 1 pint of clear fluid	
9.30 pm	Drink 500mls of clear fluids	

## On the day of your procedure

Time		Please Tick
6am	Take second dose Plenvu®	

Continue drinking **SIPS** of clear fluids until **four hours** before your appointment time.



## 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.

Remember to keep drinking fluids especially once the diarrhoea has started to prevent you from getting dehydration. As a guide, you must drink at least two litres of clear fluids on the day that you are taking your bowel preparation.

Any questions regarding the above information, please ring us on 01932 722231, between the hours of 0800-1800 from Monday to Saturday.



## 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](mailto: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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Department: Endoscopy

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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.**



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**Ashford Hospital** London Road, Ashford, Middlesex, TW15 3AA Tel: **01784 884488**  
**St. Peter's Hospital** Guildford Road, Chertsey, Surrey, KT16 0PZ Tel: **01932 872000**

**Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)**