



## Endoscopy Unit

# Bowel Preparation Instructions for Colonoscopy Appointments (Plenvu)

### A patient's guide

This booklet contains the instructions you must follow to have your bowel cleaned for a Colonoscopy appointment.

Please bring this booklet with you to your appointment



## Introduction

### What Plenvu is used for?

Plenvu is used to cleanse the lower bowel, also called colon, in preparation for endoscopic procedures. It does this by stimulating the bowel causing multiple watery bowel motions. It is important to have an empty, clean bowel so that the Endoscopist can see it clearly.

### Before you take Plenvu?

**Do not take Plenvu if you have had an allergic reaction to it in the past or if you have Glucose-6-phosphate dehydrogenase (G6PD) deficiency.** Please inform your hospital doctor or contact us on the number below if you have this or any other allergies.

**If you have serious cardiac or renal disorders please contact us immediately, before starting your bowel preparation, as Plenvu may not be suitable for you.**

You must inform the doctor if you are pregnant, attempting to become pregnant or breast feeding, before starting your bowel preparation.

If you are not sure whether you should start taking Plenvu or if you do not understand the instructions, please contact the hospital switchboard on **020 7272 3070** and ask for **bleep number 2711** from Monday to Friday 8:30 to 17:30 or alternatively contact your doctor.

The success of your examination depends on the bowel being as clear as possible, otherwise the examination may need to be postponed and the preparation repeated.

**Please read carefully the information inside the Plenvu box to be sure you are not allergic to any of the ingredients.**

**Please make sure you are near a toilet once commencing your Plenvu bowel preparation.**

## Medication

- Please do not take any iron tablets for **seven days** before the test.
- Fibre supplements (e.g., Fybogel, Regular, Isphagula Husk) must be stopped **three days** before the test.
- Anti-diarrhoea medication (e.g., Loperamide, Imodium, Lomotil, Codeine Phosphate) must be stopped **three days** before the test.

### Anticoagulants

If you are on blood-thinning treatment (e.g., Warfarin, Clopidogrel, Ticagrelor, Apixaban, Dabigatran or Rivaroxaban) please contact the hospital switchboard on **020 7272 3070** and ask for **bleep number 2711**, Monday to Friday 8:30 to 17:30 or alternatively contact your doctor, as special arrangements may need to be made for you. If you are taking aspirin this can be continued as normal but should be taken after the procedure on the day of your colonoscopy.



### Diabetes medication

If you have diabetes that is controlled by insulin or tablets, you will be given a separate advice sheet explaining how to take these medications whilst fasting for your procedure. Please ensure the Endoscopy Unit is aware you are diabetic, so that your appointment can be made at the beginning of the list.

### Other medication

If you are taking oral medicine, do not take it an hour either side of drinking your dose of Plenvu.

If you are taking the oral contraceptive pill then additional precautions should be taken, due to the bowel preparation causing diarrhoea. Please seek advice from your pharmacist or GP.

Absorption of other medications may be affected until the diarrhoea caused by Plenvu is resolved. If you have any specific concerns about the medications, you take please discuss with the endoscopy team.

All other routine medications, including steroids, should be continued, but on the day of the colonoscopy, they may be taken following the procedure, depending on the time the procedure is scheduled.

## Diet

The success of the colonoscopy depends on your colon being completely clean. For one day before starting your preparation please follow a low fibre diet: i.e., avoiding foods such as fruit, vegetables, brown bread, brown pasta, and high fibre breakfast cereals.

### Low fibre foods

A low fibre diet must be followed the day before you take the bowel preparation (i.e., two days before your test). **These are some examples of low fibre foods:**

- Fats (use sparingly), Butter, margarine
- Eggs: Boiled, poached, scrambled
- Cereal: Crisped rice cereal, corn flakes (no bran or wholegrain)
- Cheese, cream cheese, cottage cheese, cheese sauce
- Potatoes (no skin or chips): Boiled, creamed, mashed, and baked (flesh part only)
- Pasta: Plain macaroni, spaghetti, noodles (not whole-wheat)
- Rice: Plain, boiled white rice
- Meat/Fish: Minced or well-cooked tender, lean beef, lamb, ham, veal, pork, poultry, fish (no skin), shellfish
- Gravy: Using stock cubes (white flour or corn flour may be used to thicken)
- Bread: White bread/toast
- Soya and tofu
- Sugar/sweetener: White sugar, brown sugar, and sweetener
- Dessert: Clear jelly (green and yellow only, not red or blackcurrant)
- Shredless marmalade or jam



### Foods not allowed:

- All fruits and salad
- All vegetables (except boiled or mashed potatoes)
- All nuts and dried fruits
- Whole meal foods, including brown and multigrain bread, brown rice or brown pasta
- Pies and pastries
- Tough, fibrous meat, burgers, sausages
- Grains, lentils, beans and pulses (including Baked Beans)
- Porridge, high fibre and multigrain cereals

Once you started taking the Plenvu, **you cannot eat any solid food** until after the colonoscopy. During this time, you may only consume clear liquids (see below). You will be offered some refreshments once you are fully awake following your colonoscopy (you can bring your own food if wish to).

### Examples of clear liquids (i.e., must be transparent, 'see-through'):

- Water
- Soft drinks, energy drinks, avoid fizzy drinks
- Fruit squash, Cordials (not blackcurrant)
- Tea/coffee (black, no milk)
- Herbal/fruit tea
- Clear soup (consommé, strained chicken noodle soup, Bovril)
- Drinks made from stock/meat extract cubes

### Taking the Plenvu

It is essential that you take the two doses of medication given to you as instructed below. Please note the times may differ slightly from those in the product leaflet. Please make sure you follow the dietary advice given above.

#### Morning Appointment

If you have a morning appointment, start taking the Plenvu **the day before**, as follows:

You can eat a light low fibre breakfast before 9am.

**9am (after breakfast) - Clear Fluids only. No solid food from this point.** Even if you feel hungry, do not eat anything after 9am. You can have clear soup or any of the clear liquids listed previously. Drink plenty of fluids every hour. Clear fluids only.

**6 pm** – Make up dose 1 of Plenvu by dissolving the sachet in 500 ml of water. Stir for 2- 3 minutes and then drink the mixture over the following 30 minutes.

**9 pm** - Make up dose 2 of Plenvu, by dissolving sachets labelled A and B (one sachet of each) in 500 ml of water as before. Stir for 2- 3 minutes and then drink the mixture over the following 30 minutes.



**It is important to drink an additional 500ml of water (or other clear fluid) after the bowel preparation over the next 30 minutes.**

**On the morning of your test**

**6-7am** - Continue with clear fluids only.

**No solid food until after your appointment**

**Afternoon Appointment**

If you have an afternoon appointment, start taking the Plenvu the **day before**, as follows:

You can eat a light low fibre breakfast and light lunch before 1pm.

**1pm (after a light lunch) - Clear Fluids only. No solid food from this point.** Even if you feel hungry, do not eat anything after 1pm. You can have clear soup or any of the clear liquids listed previously. Drink plenty of fluids every hour. Clear fluids only.

**6 pm** – Make up dose 1 of Plenvu, by dissolving the sachet in 500 ml of water. Stir for 2- 3 minutes and then drink the mixture over the following 30 minutes.

**It is important to drink an additional 500 ml of water (or other clear fluid) after the bowel preparation over the next 30 minutes.**

**On the morning of your test**

**6am** - Make up dose 2 of Plenvu, by dissolving sachets A and B (one sachet of each) in 500 ml of water as before. Stir for 2- 3 minutes and then drink the mixture over the following 30 minutes.

**It is important to drink an additional 500 ml of water (or other clear fluid) after the bowel preparation over the next 30 minutes.**

**No solid food until after your appointment.**

**It is better to avoid alcohol while you are on the Plenvu treatment plan (as alcohol causes dehydration).**

**Remember:** it is normal to get diarrhea when you take Plenvu.



## Possible Side Effects

### Common:

- Tiredness, sleep disorder, headache, nausea
- Abdominal pain, distension
- Anal discomfort
- Thirst, hunger
- Vomiting
- Indigestion, feeling generally unwell

### Uncommon:

- Dehydration and electrolyte abnormalities
- Allergic reactions, rash, anaphylaxis
- Seizures

Allergic reactions requiring medical attention are rare. Do not hesitate to contact your doctor if you experience any severe side effects, or if you are at all worried.

If you experience any of the following, **stop taking Plenvu** and contact your doctor immediately: **rash and itching, swelling of your face, ankles or other part of your body, palpitations, extreme fatigue, shortness of breath, excessive vomiting, or severe abdominal pain.**

If you do not have a bowel movement within 6 hours of taking Plenvu stop the intake and contact your doctor immediately.

## Final Checklist

- |                  |                              |
|------------------|------------------------------|
| ✓ Low fibre diet | ✓ 4 litres of clear fluids   |
| ✓ No solid food  | ✓ Yellow, light clear stools |
| ✓ Picolax taken  | ✓ Escort.                    |

## **Congratulations, you are ready for your procedure.**

**To contact the Whittington Health's Endoscopy Unit: dial 020 7288 3811 / 3812  
or 020 7272 3070 – Bleep 2711**

### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.PALS@nhs.net](mailto:whh-tr.PALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please email [whh-tr.patient-information@nhs.net](mailto:whh-tr.patient-information@nhs.net). We will try our best to meet your needs.

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