



# Plenvu for Morning Appointments

## Bowel Preparation Instructions for Colonoscopy

### What is Plenvu?

- Plenvu is a laxative 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 hospital Doctor if you are pregnant or attempting to become pregnant.
- If you are not sure whether you should start taking Plenvu or if you do not understand the instructions, please contact the endoscopy department on the following numbers 020 7288 3811/3819 or email [whh-tr.endoscopypreassessment@nhs.net](mailto:whh-tr.endoscopypreassessment@nhs.net)



- 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, Regularan, 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.

## 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.



- If you are taking blood thinners or medication for diabetes, please discuss with endoscopy Nurses as you may need special instructions when taking the bowel preparation.

## Diet

- You must start eating a **low fibre diet two days before your procedure.**
- **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
- **You must not 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 Plenvu for a Morning Appointment

- 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.

### The day before your test

- You can eat a light low fibre breakfast before 9am.
- **9am (after a light 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 above. Drink plenty of fluids every hour. Clear fluids only.
- **5pm: Make up dose 1 of Plenvu, by dissolving the sachet** in 500ml of water. Stir for 2- 3 minutes and then **drink the mixture over the following 30 minutes.**
- **8pm: Make up dose 2 of Plenvu, by dissolving sachets labelled A and B (one sachet of each)** in 500ml 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.
- Continue with clear fluids up to 2 hours before your appointment.
- **No solid food until after your test.**



## 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.

- If you experience any of the following severe side effects, **stop taking Plenvu:**

- **rash and itching**
- **swelling of your face, ankles or other part of your body**
- **palpitations**
- **extreme fatigue**
- **shortness of breath**
- **excessive vomiting**
- **severe abdominal pain**

- Do not hesitate to contact the Endoscopy Unit on 020 7288 3811/3819 if you experience any severe side effects, or if you are at all worried. Out of hours, please go to the nearest hospital Emergency Department.
- If you do not have a bowel movement within 6 hours of taking the second sachet of Plenvu stop the intake and go to the nearest emergency department.



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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Date published: 07/10/2024  
Review date: 07/10/2026  
Ref: EIM/Endos/PlenvuMorn/01

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