

# MORNING APPOINTMENT



# PLENVU<sup>®</sup>

## Powder for Oral Solution

Macrogol 3350, Sodium Ascorbate, Sodium Sulfate,  
Ascorbic Acid, Sodium Chloride, and Potassium Chloride

## Your guide to taking PLENVU<sup>®</sup> as an outpatient

Clinic name:

Doctor name:

Clinic telephone:

Patient name:

Procedure date:

Dose 1 to be taken:

Dose 2 to be taken:

Nil by mouth (nothing to eat or drink):

Admission time:

Special instructions:

## IMPORTANT

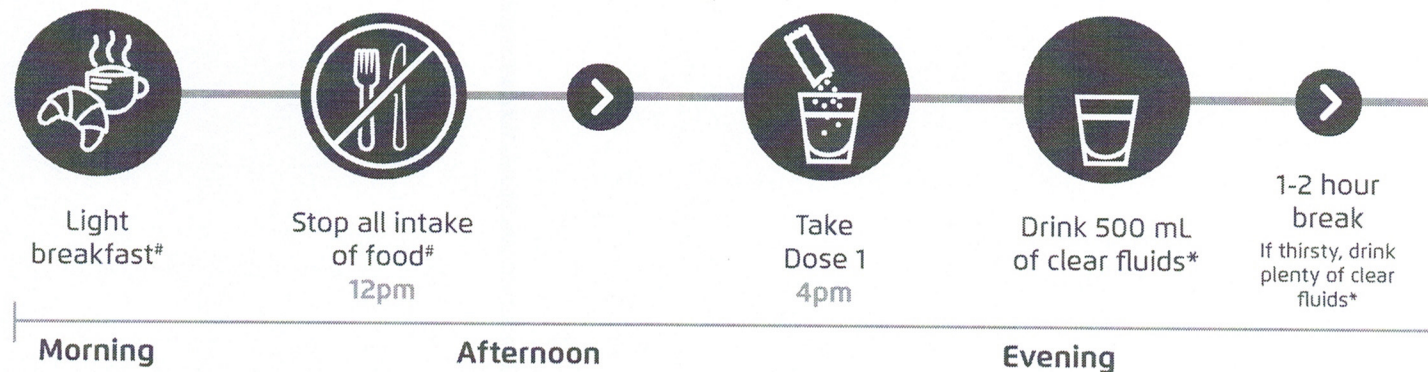
### PLEASE READ AND FOLLOW ALL INSTRUCTIONS

Drink all the required fluids to increase diagnostic accuracy and avoid the possibility of a repeat examination.

Unless your doctor or nurse tells you differently, start taking PLENVU® as outlined below.

For full details, please refer to the patient information leaflet (PIL) supplied with your box of PLENVU®.

## Day before colonoscopy



\*Please see overleaf

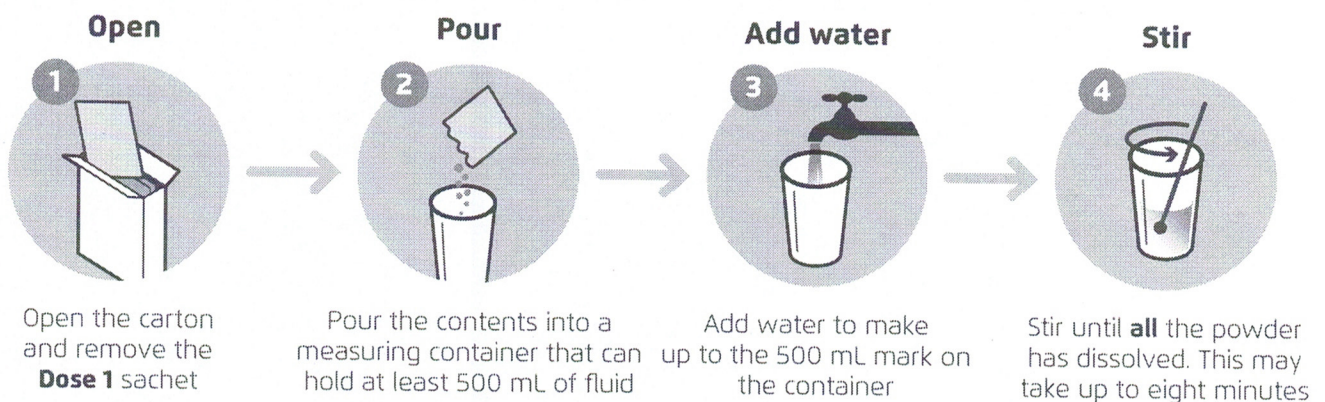
All sachets must be taken with the right amount of water according to the timings below. You will have lots of watery bowel movement, so **stay near a toilet** because you may need to use it urgently.

Mango  
flavoured

## Making up PLENVU® Dose 1

4pm

You should prepare PLENVU® Dose 1 when you need it, based on your dosing schedule.



### How to drink PLENVU® Dose 1

Once the powder has dissolved, PLENVU® Dose 1 can be drunk at the time you have been advised, if you have prepared the dose in advance, it can be stored (keeping covered) at or below 25°C. It may also be stored in the refrigerator (2°C to 8°C). Do not keep it for more than 24 hours.

Drink PLENVU® **Dose 1** slowly over 30 minutes. Try to drink a glassful (250 mL) every 15 minutes.

After you have drunk all of Dose 1, drink **500 mL of clear fluids\*** over the next 30 minutes.

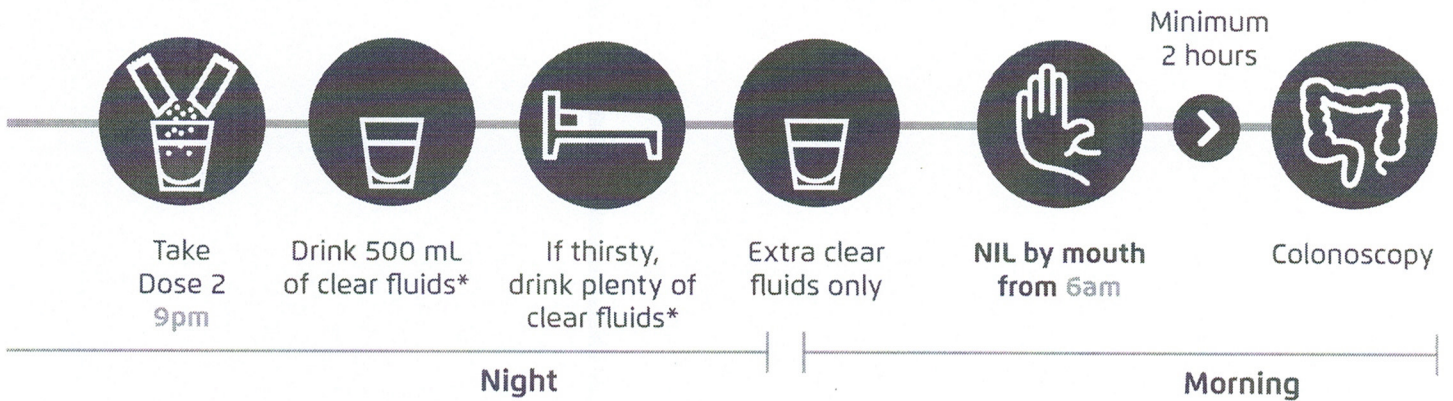
\*See list of permitted clear fluids.

Dissolving PLENVU® in water (not chilled) may take up to approximately 8 minutes and is best performed by placing the powder into the mixing container first followed by the water (not chilled). You should wait until all the powder has dissolved before drinking the solution.

Unless your doctor or nurse tells you differently, start taking PLENVU® as outlined below.

For full details, please refer to the patient information leaflet (PIL) supplied with your box of PLENVU®.

### Day of colonoscopy



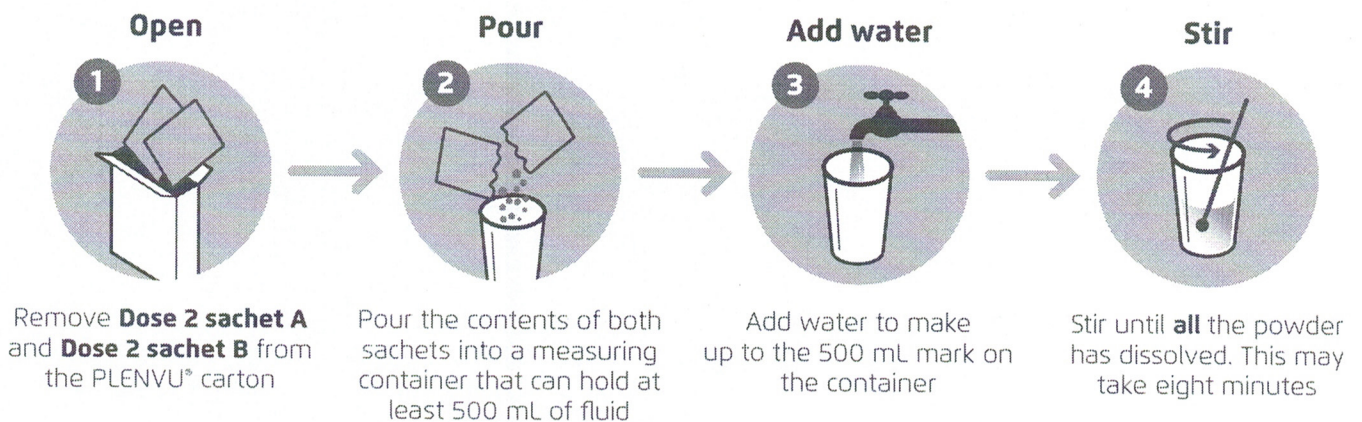
All sachets must be taken with the right amount of water according to the timings below. You will have lots of watery bowel movement, so **stay near a toilet** because you may need to use it urgently.

Fruit punch  
flavoured

## Making up PLENVU® Dose 2

9pm

You should prepare PLENVU® Dose 2 when you need it, based on your dosing schedule.



### How to drink PLENVU® Dose 2

Once the powder has dissolved, PLENVU® Dose 2 can be drunk at the time you have been advised, if you have prepared the dose in advance, it can be stored (keeping covered) at or below 25°C. It may also be stored in the refrigerator (2°C to 8°C). Do not keep it for more than 24 hours.

Drink PLENVU® **Dose 2** slowly over 30 minutes. Try to drink a glassful (250 mL) every 15 minutes.

After you have drunk all of Dose 2, drink **500 mL of clear fluids\*** over the next 30 minutes.

\*See list of permitted clear fluids.

## CLEAR FLUIDS

You can keep drinking up to your 'Nil by mouth' time, which must be at least 2 hours before your colonoscopy.



Water



Diluted cordials  
(NOT blackcurrant)



Herbal tea



Clear soup  
(no food bits  
or seaweed)



Clear fruit juice  
(without pulp)



Black tea/coffee  
(without milk)

## EATING SUGGESTIONS

Your healthcare professional may request that you adopt a low fibre diet when preparing for your bowel preparation.



### LOW FIBRE FOODS WHICH ARE PREFERRED IN THE 3 DAYS PRIOR



White meat,  
skinless chicken,  
grilled or poached fish



White bread, rice,  
pasta, boiled or  
mashed potatoes



Cheese, eggs, tofu



Clear soups,  
tea, coffee



Water, fizzy drinks



Ice cream, custard



Shredless  
marmalade or jam



Butter/margarine



### HIGH FIBRE FOODS WHICH SHOULD BE AVOIDED FOR 3 DAYS PRIOR



Red meat,  
sausages, pies



Nuts, seeds and  
pulses, including  
baked beans



Wholemeal pasta,  
brown rice



Vegetables



Puddings containing  
fruit or nuts



Wholemeal or  
brown bread



Fruit or salad



Cakes and biscuits



Yoghurts



Potato skins or chips