

What is Plenvu

Each box contains 3 sachets, making up dose 1 (1 sachet), and dose 2 (sachet A & B)

Why do I need to take it?

Taking Plenvu before your appointment will give you a clean bowel.

What to Expect

After you drink Plenvu you will have lots of watery bowel movements, so stay near a toilet because you may need to use it urgently.



Reporting of Side Effects

United Kingdom

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

Ireland

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly to the HPRA, via www.hpra.ie or by calling (01) 676 4971. By reporting side effects you can help provide more information on the safety of this medicine.

A patient support item from Norgine.

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Importance of Proper Cleansing

- A clean bowel will allow for a clear view of its inner lining which is important for both accurate diagnosis and treatment.
- Abnormal changes may be tiny, so even the smallest amount of faeces could potentially disguise something important.
- **If the bowel is not empty and clean enough, the procedure may have to be cancelled and repeated on another occasion at a later date.**

How to Prepare Plenvu

Dose 1



Empty dose 1 sachet in to a large jug



Add water to make up 500ml and stir until fully dissolved (may take 8 minutes)



Sip very slowly over **60 minutes**

Dose 2



Empty dose 2 sachets (A & B) in to a large jug



Add water to make up 500ml and stir until fully dissolved (8 minutes)



Sip very slowly over **60 minutes**



drink **500ml** clear fluids with each dose.

Alternating between this and the Plenvu solution is acceptable

Patient Advice Clear Fluids

You must drink an extra 500ml of clear fluids with each dose. Continue drinking clear fluids to keep yourself hydrated until 2 hours before your procedure and then stop drinking, clear drinks may include:



Water



Clear soups (no bits)



Tea & Coffee (without milk)



Soft drinks (cordial - not blackcurrant)

..... Do Not Drink Alcohol

Plenvu may be easier to take when:

- Adding cordial (to alter the flavour, but not blackcurrant as it will stain the bowel)
- It has been chilled once it has been made up

Further advice for patients:

- Using wet wipes after each bowel movement
- Use a barrier cream to prevent a 'sore bottom' for example: petroleum jelly

Hints & Tips



Sip the Plenvu solution **very slowly** over 60 minutes alongside an additional 500 ml clear fluids (you can alternate between sips of Plenvu and clear fluid if you'd like)



Once dissolved (this may take up to 8 minutes) the solution can be refrigerated



Try using a straw



Stay hydrated with plenty of clear fluids

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When to take:
See overleaf
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