

Endoscopy department

How to take bowel prep (Plenvu)

Information for patients, relatives and carers

Introduction





You have been prescribed Plenvu as a laxative to empty your bowel in preparation for your colonoscopy. As Plenvu has very little taste, it is better taken cold from the fridge. You may wish to add clear fruit cordial, such as orange or lime squash, to make it more pleasant to drink.

If you experience nausea, vomiting or abdominal (tummy) pain, please contact the endoscopy department using the numbers on the front of this leaflet and ask to speak to a nurse.

Please see the tables below for instructions on taking Plenvu.

If you have been prescribed **Plenvu** and your appointment is in the **morning**

Start the Plenvu at **17.00** the day before the procedure.

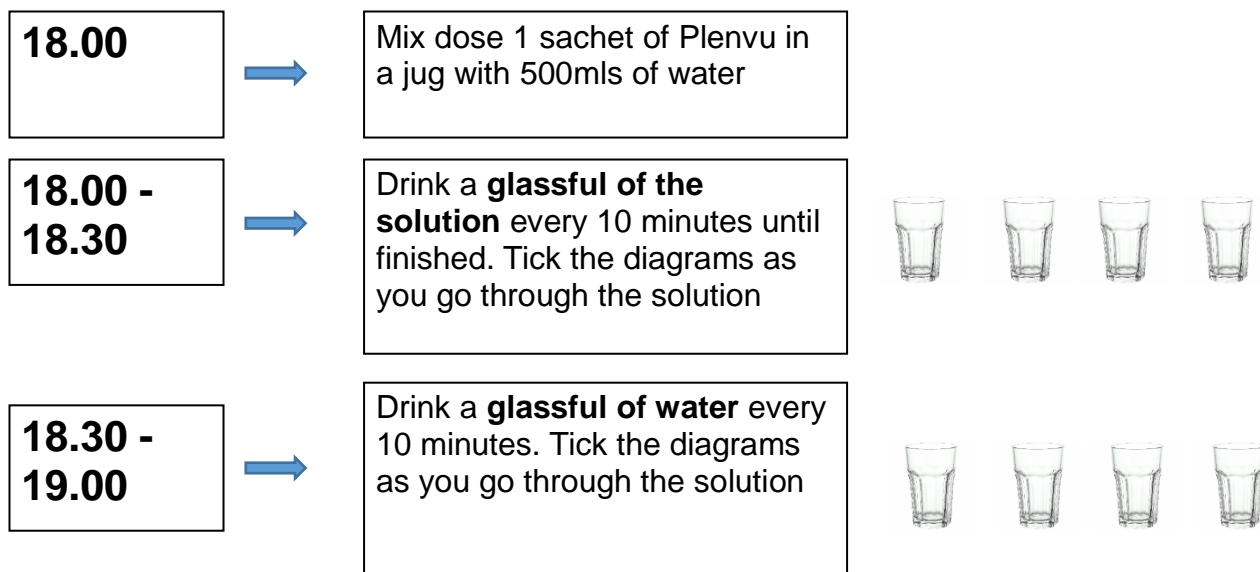
17.00	→	Mix dose 1 sachet of Plenvu in a jug with 500mls of water	
17.00 - 17.30	→	Drink a glassful of the solution every 10 minutes until finished. Tick the diagrams as you go through the solution	
17.30 - 18.00	→	Drink a glassful of water every 10 minutes. Tick the diagrams as you go through the solution.	
20.00	→	Mix contents of dose 2 Sachet A & B of Plenvu in a jug with 500mls of water	
20.00 - 20.30	→	Drink a glassful of the solution every 10 minutes until finished. Tick the diagrams as you go through the solution	
20.30 - 21.00	→	Drink a glassful of water every 10 minutes. Tick the diagrams as you go through the solution	

If you have an **afternoon** appointment, please use the instructions on page 3.

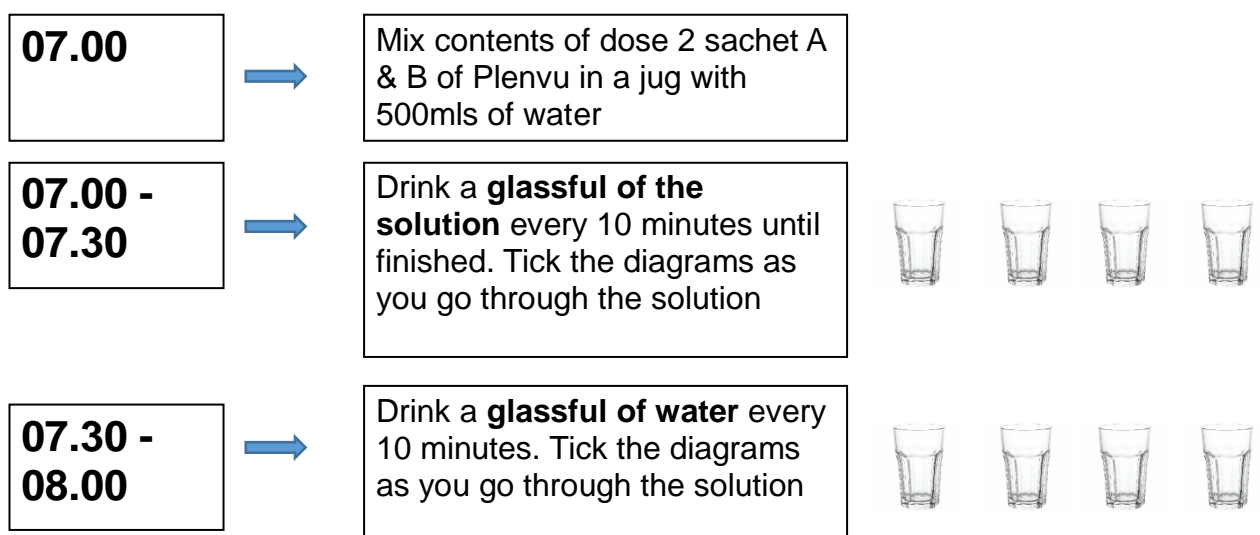
If you have been prescribed **Plenvu** and your appointment is in the **afternoon**

Start the Plenvu at 18.00 the day before the procedure.

Please note, only half of the prep is to be taken the day before the procedure. The rest of the prep must be taken the morning of the procedure as outlined below.



Take the rest of the prep the next morning as follows:



You can drink plenty of clear fluids when thirsty.

If you have a **morning** appointment, please use the instructions on page 2.