How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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What is Plenvu®?
PLENVU® is a polyethylene glycol (PEG) laxative designed to cleanse your bowel prior to your planned colonoscopy. It does this by causing you to have diarrhoea, or frequent bowel movements.
A clean bowel will allow a clear view of the inner lining, which is important for accurate diagnosis and treatment.
Please ensure you follow the instructions carefully as the colonoscopy may have to be cancelled and repeated at another time if the bowel is not clean enough.
PLENVU® is a two-dose preparation.
Dose 1 is a single mango-flavoured sachet.
Dose 2 is two sachets (A and B) and fruit punch flavour.
All sachets must be taken with the right amount of water according to the timing.

Before taking Plenvu®
You need to follow a low fibre diet for 2 days before taking Plenvu®. Please see the “Low Fibre Diet “ leaflet for details of the type of diet you need to follow before taking Plenvu®.

Making up Plenvu®

Follow the instructions on pages 4 – 5 for making up the solution.

PLENVU® may be easier to take if:
• You drink through a straw.
• It has been refrigerated after it has been made up
• It is sipped slowly rather than drinking it quickly

Oral medication should NOT be taken within one hour of taking Plenvu® as it may not be absorbed properly

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Instruction</th>
<th>Additional detail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iron Tablets</td>
<td>Stop 7 days prior to taking Plenvu</td>
<td>Wycombe– 01494 425710/ 5073</td>
</tr>
<tr>
<td>Anticoagulants (Blood thinning medication)</td>
<td>If you are taking Warfarin, or any of the new oral anticoagulants (apixaban, dabigatran, rivaroxaban, edoxaban) please contact the Endoscopy unit where you are booked to have the procedure and speak to a member of staff</td>
<td>Stoke Mandeville–01296 315220/ 315217</td>
</tr>
<tr>
<td>Insulin controlled diabetes patients</td>
<td>Please see supplementary information sheet and contact your Diabetes Specialist Nurse/ or GP Practice Nurse for further advice if required.</td>
<td>Glucose energy drinks and glucose tablets if sucked can be taken for hypoglycaemia.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>You will need to manage a reduction in your normal insulin dose during bowel preparation and until after your procedure</td>
</tr>
<tr>
<td>Oral anti-diabetes tablets</td>
<td>Please see supplementary information sheet and contact your Practice Nurse at your GP surgery for further advice if required</td>
<td>Absorption of tablets may be affected by the Plenvu</td>
</tr>
<tr>
<td>Diet controlled diabetes patients</td>
<td>No action required</td>
<td></td>
</tr>
<tr>
<td>ALL DIABETIC PATIENTS TO DISCUSS WITH BOOKING COORDINATOR SO AN APPROPRIATE APPOINTMENT TIME CAN BE ARRANGED</td>
<td>Wycombe – 01494 425388 Stoke Mandeville – 01296 316174</td>
<td></td>
</tr>
<tr>
<td>Anti-epileptics, oral contraceptives, antibiotic and oral anti-diabetic medication</td>
<td>Bowel cleansing may interfere with normal absorption of these drugs</td>
<td>Contact the Medicines Resource Centre for further advice.</td>
</tr>
<tr>
<td>Anti- diarrhoeal tablets</td>
<td>Stop 3 days prior to taking Plenvu</td>
<td></td>
</tr>
</tbody>
</table>
How to take Plenvu®

After taking PLENVU®:
- Use a barrier cream to prevent a 'sore bottom', e.g. petroleum jelly
- Make sure you allow enough time to travel to the hospital for your colonoscopy
- Consider using wet wipes after each bowel movement. Wet wipes that have been refrigerated are particularly soothing

Important - Do NOT take Plenvu® if….

If your condition has significantly changed since you were referred for this treatment or if you have developed any of the following symptoms listed below. Instead you should contact the Endoscopy unit at which you are booked to have your procedure.
- If it is possible you are pregnant
- Heart failure
- If you have had a heart attack (within the last 6 weeks)
- Kidney failure
- Difficulty in swallowing
- Severe breathing problems
- If you have been told you have a stomach or bowel blockage
- You have had recent bowel surgery (within the last 6 weeks)
- If you have been told you have active diverticulitis (this means that you will have pain and a doctor may have given you antibiotics)
- If you have severe mobility problems which limit you using the toilet.

How to take Plenvu®

The timing of your Plenvu® doses depends on whether you are having a morning (before 12.00 noon), afternoon (between 1-4pm) or evening (after 4pm) appointment. Please follow the relevant row in the table below depending upon your appointment time.

Have only a light breakfast and stop eating by the shown time

<table>
<thead>
<tr>
<th>1st sachet of Plenvu</th>
<th>2nd sachet of Plenvu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time of appointment</td>
<td>Stop Eating</td>
</tr>
<tr>
<td>Morning</td>
<td>3 pm previous day</td>
</tr>
<tr>
<td>Afternoon</td>
<td>3 pm previous day</td>
</tr>
<tr>
<td>Evening</td>
<td>Bedtime previous day</td>
</tr>
</tbody>
</table>

Clear fluids may be taken until 2 hours before the procedure.

Suggested fluids include water, cordial, squash (not blackcurrant) or herbal tea of your choice – these need to be taken after each sachet of Plenvu.
How to take Plenvu®

Making up Plenvu® dose 1

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

Open

1
Open the carton and remove the Dose 1 sachet

Pour

2
Pour the contents into a measuring container that can hold at least 500ml of fluid

Add water

3
Add water to make up to 500ml

Stir

4
Stir until all the powder has dissolved. This may take several minutes

How to take Plenvu®

Making up Plenvu® dose 2

Open

1
Remove Dose 2 sachet A and Dose 2 sachet B from the PLENVU® carton

Pour

2
Pour the contents of both sachets into a measuring container that can hold at least 500ml of fluid

Add water

3
Add water to make up to 500ml

Stir

4
Stir until all the powder has dissolved. This may take several minutes