

How to take Plenvu

Contacts

If you have any questions about anything on this leaflet, you can call:

Stoke Mandeville Endoscopy Unit 01296 – 315220

Wycombe Endoscopy Unit 01494 - 425073

The Medicines Helpline is available from 12:00 – 17:00 on 01494 – 425355 from Monday to Friday

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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How to take Plenvu®



Patient information leaflet

If you require a translation or an alternative format of this leaflet please call the Medicines Resource Centre on 01494-425355

Safe & compassionate care,

every time

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

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

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

1 st sachet of Plenvu					2 nd sachet of Plenvu		
Time of appointment	Stop Eating	Drink 1 st sachet of Plenvu at	Drink at least 2 large glasses from the suggested list	R E S T	Drink 2 nd sachet of Plenvu at	Drink at least 2 large glasses from the suggested list	Prep completed by
Morning	3pm previous day	6 pm	7 – 8pm		9 pm	10 – 11 pm	Bedtime
Afternoon	3 pm previous day	6 pm	8 - 10 pm		8 -10 am	10 am	10am
Evening	Bedtime previous day	6 am	8 - 9 am		9am	10 – 12 noon	12 noon

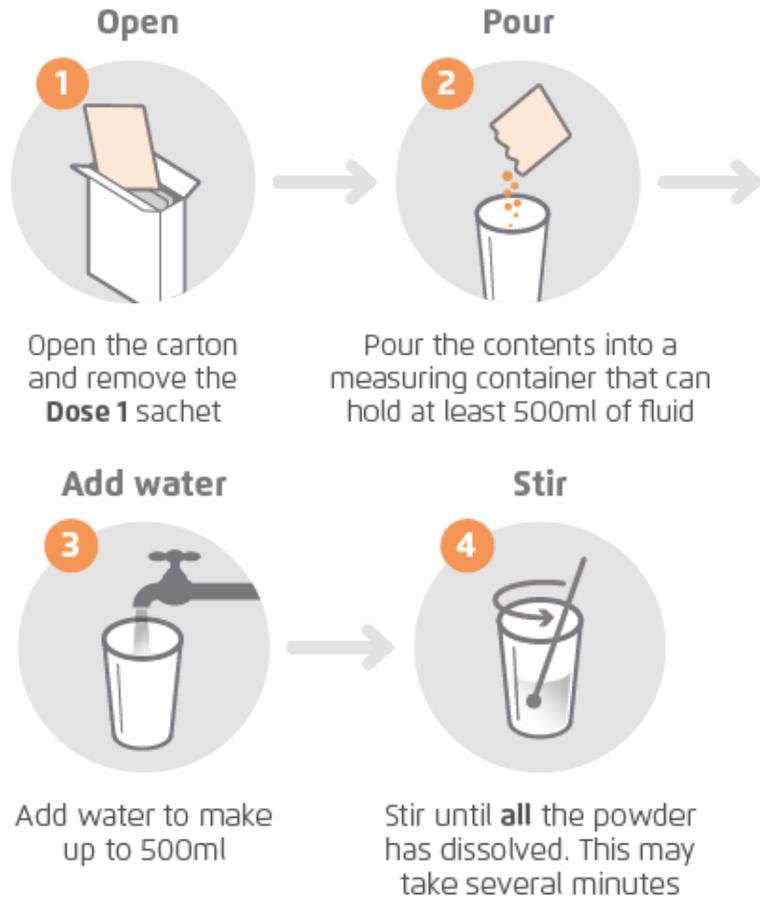
Clear fluids may be taken until 2 hours before the procedure.

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.



How to take Plenvu®

Making up Plenvu® dose 2

