

Patient advice sheet

How to take Plenvu®



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. **You will start passing brown liquid and this will gradually change into a clear/yellowish liquid.**

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.

If you think you are not fit enough to go backwards and forwards to the toilet many times to have your bowel open, then do not start to take this medication and get in touch with the doctor or team who referred you for this test for further advice.

Before taking Plenvu®?

You need to follow a low fibre diet for 3 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®.

Plenvu® is a two-dose preparation.

Dose 1 is a single mango-flavoured sachet.

Dose 2 is two sachets (A and B) fruit punch flavoured.

All sachets must be taken with the right amount of water according to the timing.

Oral medication should NOT be taken within one hour of taking Plenvu® as it may not be absorbed properly – please see the table overleaf.

MEDICINE	INSTRUCTION	ADDITIONAL DETAILS
Iron Tablets	Stop 7 days prior to taking Plenvu®	
Anticoagulants and anti-platelets (Blood thinning medication) Warfarin, Apixaban, Rivaroxiban, Dabigatran, Edoxaban, Aspirin, Dipyridamole, Clopidogrel, Ticagrelor, Cangrelor or Prasugrel	If you take any of this type of medication, please inform the booking team who makes your appointment so they can arrange a pre-assessment consultation and advise you on what to do in preparation for your test.	Booking team: 01296 - 831210
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		
Booking team: 01296 - 831210		
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®	

Important – Do not take Plenvu® 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 for further advice.
- If it is possible that 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)

Making up Plenvu®

Plenvu® may be easier to take if:

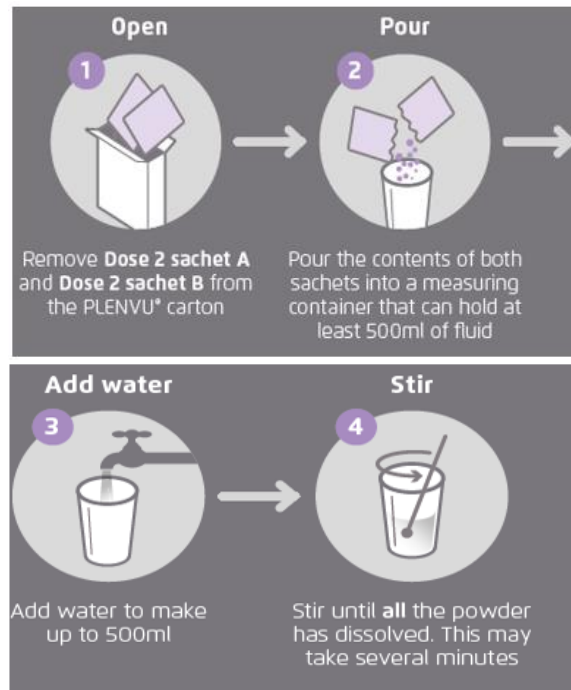
- You drink through a straw.
- It has been refrigerated after it has been made up
- It is sipped slowly rather than drinking it quickly

Making up Plenvu® dose 1

You should make up Plenvu® Dose 1 when you need it, based on your dosing schedule (Please see page 5).



Making up Plenvu® dose 2



How to take Plenvu®

The timing of your Plenvu® doses depends on whether you are having a **morning** (before 12.00 noon), **afternoon** (after 1pm) appointment. Please follow the relevant row on page 5 depending upon your appointment time.

Stop eating by the shown time on page 5.

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

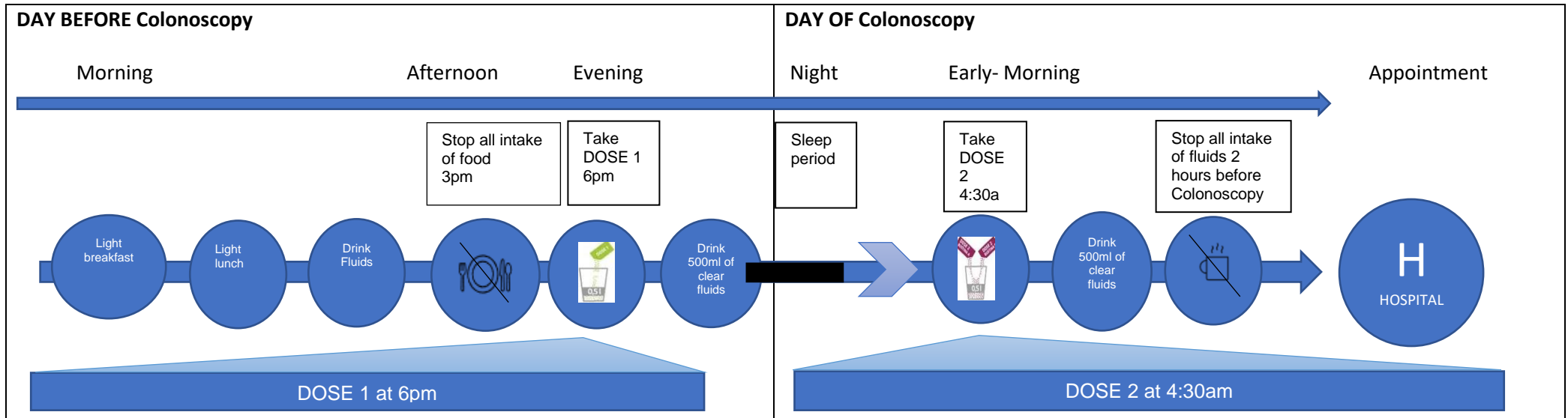
Suggested fluids include water, cordial, squash (not blackcurrant) or herbal tea of your choice – these need to be taken after each sachet of Plenvu®.

After taking Plenvu®

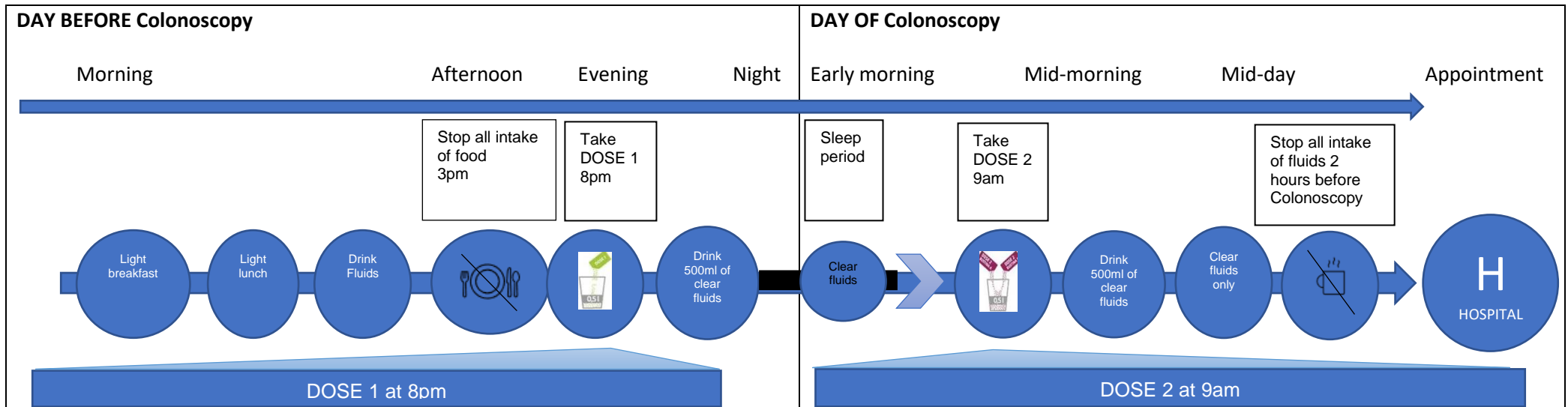
- Use a barrier cream to prevent a 'sore bottom', e.g. petroleum jelly
- Make sure you allow enough time to travel to the hospital for your colonoscopy
- Consider using wet wipes after each bowel movement. Wet wipes that have been refrigerated are particularly soothing.

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MORNING APPOINTMENT



AFTERNOON APPOINTMENT



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Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

How can I help reduce healthcare associated infections?

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites. Further information is available on our website.

Patient Advice Sheet

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 831120 or email bht.pals@nhs.net