

# Plenvu

**How to take your bowel laxative medication prior to endoscopic procedure**

**Reference Number:** ULHT-LFT-3166 v2

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# When to take PLENVU if your appointment is between 8.00am and 1.00pm

## The day before the procedure

For your meals the day before the procedure choose only foods from the following list: Do not eat after 1.30pm.

- Milk, plain yoghurt, cheese, eggs, butter, margarine
- White fish or chicken - boiled, steamed or grilled (not fried)
- White bread (no seeds), pitta, rice, pasta, boiled or mashed potato
- Chapattis made with white flour
- Clear soups - no bits
- Plain ice cream (any flavour - no fruit or nut pieces)
- Clear jelly, boiled sweets, chocolate (no fruit or nut pieces)
- Salt, pepper, sugar, sweeteners, honey, marmite

You **MUST NOT EAT** red meat, pink fish (eg salmon), fruit, vegetables, salad, potatoes with skin on, granary, seeded or brown bread, brown or wild rice, brown pasta, pickles or chutneys.

Do not eat anything after 1.30pm but drink plenty of clear fluid from the following list: tea and coffee (without milk), herbal teas, water, squash, fizzy drinks, sports drinks, meat extract drinks (eg Bovril or Oxo), vegetable bouillon, very clear soups (no bits), clear fruit juice (no pulp), clear jelly.

## At 5.00pm

- Empty the contents of the Dose 1 sachet into a measuring container that can hold 500ml of fluid
- Add water to make up to 500ml and stir until dissolved
- Drink the full contents of the container over 30 minutes
- Then drink an additional 500ml of clear fluid over the next 30 minutes
- The solution will cause you to pass watery stools so you should stay near a toilet.

## The day of the procedure

Do not eat anything solid until after the procedure

### At 5.00am

- Empty the contents of the Dose 2 sachets A and B into a measuring container that can hold 500ml of fluid
- Add water to make up to 500ml and stir until dissolved
- Drink the full contents of the container over 30 minutes
- Then drink an additional 500ml of clear fluid (as listed above) over the next 30 minutes

**Again you will pass watery stools which will stop after 1 to 2 hours.**

PLEASE DO NOT DRINK ALCOHOL, MILK OR ANYTHING COLOURED RED OR PURPLE (eg BLACKCURRANT JUICE)

Plenvu can affect the absorption of some medications. Take your usual medication (unless you have been advised to stop it) at least 1 hour before or after you take each dose of Plenvu. If you are taking the oral contraceptive pill you should take other precautions for one week after the test.

## When to take PLENVU if your appointment is after 1.00pm

### The day before the procedure

For your meals the day before the procedure choose only foods from the following list: Do not eat after 4.00pm

- Milk, plain yoghurt, cheese, eggs, butter, margarine
- White fish or chicken - boiled, steamed or grilled (not fried)
- White bread (no seeds), white pitta, white rice, white pasta, boiled or mashed potato
- Chapattis made with white flour
- Clear soups - no bits
- Plain ice cream (any flavour - no fruit or nut pieces)
- Clear jelly, boiled sweets, chocolate (no fruit or nut pieces)

- Salt, pepper, sugar, sweeteners, honey, marmite

You **MUST NOT EAT** red meat, pink fish (eg salmon), fruit, vegetables, salad, potatoes with skin on, granary, seeded or brown bread, brown or wild rice, brown pasta, pickles or chutneys.

**Do not eat anything after 4.00pm** but drink plenty of clear fluid from the following list: tea and coffee (without milk), herbal teas, water, squash, fizzy drinks, sports drinks, meat extract drinks (eg Bovril or Oxo), vegetable bouillon, very clear soups (no bits), clear fruit juice (no pulp), clear jelly.

### At 5.00pm

- Empty the contents of the Dose 1 sachet into a measuring container that can hold 500ml of fluid
- Add water to make up to 500ml and stir until dissolved
- Drink the full contents of the container over 30 minutes
- Then drink an additional 500ml of clear fluid over the next 30 minutes

**The solution will cause you to pass watery stools so you should stay near a toilet.**

## The day of the procedure

Do not eat anything solid until after the procedure

### At 9.00am

- Empty the contents of the Dose 2 sachets A and B into a measuring container that can hold 500ml of fluid
- Add water to make up to 500ml and stir until dissolved
- Drink the full contents of the container over 30 minutes
- Then drink an additional 500ml of clear fluid (as listed above) over the next 30 minutes

**Again you will pass watery stools which will stop after 1 to 2 hours.**

PLEASE DO NOT DRINK ALCOHOL, MILK OR ANYTHING COLOURED RED OR PURPLE (eg BLACKCURRANT JUICE)

Plenvu can affect the absorption of some medications. Take your usual medication

(unless you have been advised to stop it) at least 1 hour before or after you take each dose of Plenvu. If you are taking the oral contraceptive pill you should take other precautions for one week after the test.

## Contact information

The healthcare professional booking your procedure will have explained to you how to take Plenvu, but if you have any further queries then please contact one of the telephone numbers listed below.

8.30am to 6.00pm Monday to Friday

Boston                      01205 446559

Grantham                    01476 464085

Lincoln                      01522 573016

Louth                        01507 631236

All Bowel Cancer Screening Programme queries:

Telephone: 01522 597548

## References

Sources of information used in the preparation of this leaflet:

Electronic Medicines Compendium (2018) Summary of Product characteristics for Plenvu powder for oral solution. Available at:

<https://www.medicines.org.uk/emc/product/8578/smpc> (Accessed 26 January 2022)

NHS Bowel Cancer Screening Programme and ULHT Endoscopy Units

[www.ulh.nhs.uk](http://www.ulh.nhs.uk)

### References

If you require a full list of references for this leaflet please email

[patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

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If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)