

Taking your Plenvu

Gemini Endoscopy Suite
Tel: 01271 349180

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at rduh.pals-northern@nhs.net.

One day before procedure

If you are taking **x2** sachets, the timings are as follows:

- Last food at **1pm**
- First dose of Plenvu at **5pm**
- Second dose of Plenvu at **8pm**

Instructions for taking Plenvu

1. Empty the contents of sachet 1 into a 500ml jug.
2. Add water into the jug up to the 500ml mark and stir until the powder has dissolved and the Plenvu solution is clear or only slightly hazy. This can take up to 5 minutes.
3. You may flavour the Plenvu with squash if you wish.
4. Bowel prep can be stored in the refrigerator for up to 24 hours, it should then be discarded.
5. Drink one glassful ($\frac{1}{2}$ pint or 250mls) of Plenvu about every fifteen minutes until you have drunk it all. Drink it over 1-2 hours. If you are struggling, have a glassful every 20-30 minutes. If you really don't like the taste, sip slowly through a straw.
6. **It is important that you drink an additional 500mls of permitted fluids after completing the 500mls.** (see list of permitted fluids)
7. Make up sachets A and B for the second dose in the same way as dose 1.
8. After drinking Plenvu you will have lots of watery bowel movements so stay near a toilet.

9. The effects of the bowel prep may give you a sore bottom, to help prevent this use a barrier cream such as Sudocrem, zinc and castor oil, or any type of nappy cream. Apply the cream to the appropriate area, before starting the bowel prep. Use moist toilet/ baby wipes to clean with. These can also be stored in the fridge to provide a soothing effect if soreness occurs.

Possible side-effects of preparations

Like all medicines, Plenvu can have side effects, although not everybody gets them.

When taking Plenvu, feeling sick, a feeling of fullness in your stomach, bloating and wind may all be experienced. You may also experience abdominal cramps, vomiting or soreness of the anus (bottom). If you get a feeling of nausea (feeling sick) swelling of the stomach or stomach pain, or you start to vomit, you should drink Plenvu more slowly or stop drinking it for a few minutes until you feel better.

PLEASE NOTE: Do not take any other medicine by mouth within one hour of taking Plenvu, as it will probably be flushed out before it has time to work.

Other side effects include:

- People can be allergic to Plenvu, and may get an itchy skin rash (nettle rash or hives) or reddening of the skin. They may also experience swelling of the face, lips, tongue and throat, and may also have difficulty in breathing and become breathless. **If you experience any of these reactions you should contact a doctor immediately for advice.**
- Convulsions (fits), confusion/disorientation linked with extremely low levels of sodium in the blood
- Dehydration or feeling thirsty
- Headaches or dizziness
- Shivering or fever may occur
- Malaise (general unwellness)
- Irregular heartbeats or palpitations; brief increase in blood pressure

If any of the side effects become serious, contact the Gemini Endoscopy Suite on **01271 349180** or ring your GP for advice. Outside of normal working hours, when your GP surgery is closed, **call 111; only call 999 in an emergency.**

The day of your procedure

On the day of your examination, continue to drink clear fluids until 2 hours prior to your procedure. For those 2 hours it is necessary to remain **nil by mouth** until after your procedure.

Further information

If you have any queries or concerns about your colonoscopy, please do not hesitate to contact the Gemini Endoscopy Suite.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email rduh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

Tell us about your experience of our services. Share your feedback on the Care Opinion website www.careopinion.org.uk.

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