

## Plenvu® morning procedure

### Other formats

If you need this leaflet in another format such as Braille, large print, high contrast, British Sign Language or translated into another language, contact the Patient Advice and Liaison Service:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

Plenvu® is given before a colonoscopy or flexible sigmoidoscopy to ensure the bowel is empty, this allows a complete investigation.

It is essential that your bowel is empty for this investigation.

For your bowel to be empty, please follow these instructions carefully.

It is important that you also read the manufacturer's information sheet, which is provided with your medication and explains how to make-up/take the doses.

### Five days before

#### Do not any eat nuts or seeds

#### Stop taking the following medication

- Imodium® (loperamide)
- Codeine Phosphate
- Lomitol® (co-phenotrope)
- Iron Tablets or multivitamins that contain iron
- Fybogel® (ispaghula husk)

You should continue to take any other medication, including laxatives. All other medications such as heart tablets and blood pressure tablets should be continued as normal, including on the day of your test. The pre-assessment nurse will tell you during your pre-assessment appointment if you are diabetic or are taking any medication that thins your blood, other than aspirin (which you can remain on).

## Three days before

Start the low fibre diet, please avoid eating nuts and seeds.

Low fibre diet	
✓ Choose	X Avoid
<b>Cereals:</b> Cornflakes, Rice Krispies, Ricles, Coco pops, Sugar Puffs.	All Bran, Weetabix, Shredded wheat, oat bran, bran flakes, muesli, Ready Brek®, porridge.
<b>Bread:</b> White, rolls, plain scones, croissants.	Brown bread Wholemeal/wholegrain/seeded/granary or oat.
<b>Pasta:</b> White, noodles, and white rice.	Fruit and Vegetables
<b>Savouries:</b> Chicken, turkey, fish, cheese, eggs, fishfingers. Boiled or mashed potatoes. Tofu.	All red meat
<b>Milk</b>	
<b>Soup:</b> Consommé, sieved soups.	Vegetable, lentil or bean soups.
<b>Miscellaneous:</b> Jelly (not red), mayonnaise, honey, syrup, butter, margarine, mustard, yoghurt, cream, ice-cream.	Ground peppercorns, hummus, marmalade.
<b>Dairy-free alternatives, gluten-free products. Vegan jellies.</b>	Quorn.

## One day before:

Have a light breakfast before **9am** and then **stop eating solid food** until after your colonoscopy.

- From **9am** take plenty of clear fluid, drink sugary drinks, not diet or sugar-free versions.
- **Permitted clear fluids:** Water, black tea, black coffee, Coca Cola®, lemonade, soda water, herbal teas, consommé, squash, Lucozade®, yeast or beef extract drinks such as Bovril® and Oxo®, hot honey and lemon. Additionally, you can have any sugar-based sweets, Foxes® glacier fruits, mints, Polos® and dextrose tablets. Do not have blackcurrant or raspberry sweets or purple or red dye drinks.  
**DO NOT consume any milk-based drinks.**
- At **6pm** make up your first dose of Plenvu®. Sip this slowly over the next hour. **Drink a minimum of one litre of clear fluids.** Alternating between Plenvu® and clear fluid is acceptable.

## On the day of your procedure

At **5am** make up your second dose of Plenvu® Sip this slowly over the next hour. **Drink a minimum of one litre of clear fluids.** Alternating between Plenvu® and clear fluid is acceptable.

**Remember**, it is important to drink plenty of fluids when fasting as the bowel prep can dehydrate you. If you are having a colonoscopy or flexible sigmoidoscopy you will already be on a clear fluid diet. You may drink **clear non-fizzy fluids**, such as plain squash, black tea or coffee (no milk) which you can continue until your procedure.

After drinking Plenvu® you should experience frequent liquid bowel movements, so stay near the toilet because you may need to use it urgently. You may find that applying a barrier cream such as Vaseline®/Sudocrem® to your bottom will reduce any soreness the diarrhoea may cause.

If you are diabetic, the pre-assessment nurse will advise you and give you a patient information leaflet about your diabetes management.

## If you have any difficulties

The common side-effects of abdominal cramps, nausea and bloating can be reduced by taking the solution more slowly.

When taking Plenvu® some intestinal cramping is normal. If you feel clammy, faint or vomit, please stop taking the preparation and contact the Endoscopy Unit on **01392 402400** within office hours.

Out-of-hours call **111** or **999** in an emergency

If you feel you will be unable to complete the bowel preparation successfully, please contact the Endoscopy Unit.

## Contact Details

Royal Devon University Healthcare NHS Foundation Trust

Endoscopy Unit telephone: 01392 402 400

Opening hours: Monday to Saturday, 8am - 5pm

## Your notes

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### 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, please contact PALS:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- [rduh.pals@nhs.net](mailto:rduh.pals@nhs.net)

### 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.

You can also share your feedback on the Care Opinion website at [www.careopinion.org.uk](http://www.careopinion.org.uk) or freephone 0800 122 3135.

Scan the QR code to visit the Care Opinion website →



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

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