

# HOW TO TAKE PLENVU®



## AFTERNOON APPOINTMENT

For full details, please refer to the patient information leaflet (PIL) supplied with your box of Plenvu.

### Reporting of side effects in the United Kingdom

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard).

By reporting side effects you can help provide more information on the safety of this medicine.

**Norgine** Adverse events should also be reported to Medical Information at Norgine Pharmaceuticals on +44 1895 826606 or E-mail: [medinfo@norgine.com](mailto:medinfo@norgine.com)

### Reporting of side effects in Ireland

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly to the HPRA, via [www.hpra.ie](http://www.hpra.ie), [medsafety@hpra.ie](mailto:medsafety@hpra.ie) or by calling (01) 676 4971. By reporting side effects you can help provide more information on the safety of this medicine.

**Norgine** Adverse events should also be reported to Medical Information at Norgine Pharmaceuticals on +44 1895 826606 or E-mail: [medinfo@norgine.com](mailto:medinfo@norgine.com)

## CLEAR FLUIDS

Remember you can keep drinking until 2 hours before your colonoscopy.



Water



Diluted cordials  
(NOT blackcurrant)



Herbal tea



Clear soup



Clear fruit juice  
(without pulp)



Black tea/coffee  
(without milk)

## EATING SUGGESTIONS

Your healthcare professional may request that you adopt a low fibre diet when preparing for your bowel preparation.

### YES ✓ LOW FIBRE FOODS WHICH ARE PREFERRED



White meat, skinless chicken, grilled or poached fish



White bread, rice, pasta, boiled or mashed potatoes



Cheese, eggs, tofu



Clear soups, tea, coffee



Butter/margarine



Ice cream, custard



Shredless marmalade or jam

### NO ✗ HIGH FIBRE FOODS WHICH SHOULD BE AVOIDED



Red meat, sausages, pies



Nuts, seeds and pulses, including baked beans



Wholemeal pasta, brown rice



Vegetables



Puddings containing fruit or nuts



Wholemeal or brown bread



Fruit or salad



Cakes and biscuits



Yoghurts



Potato skins or chips

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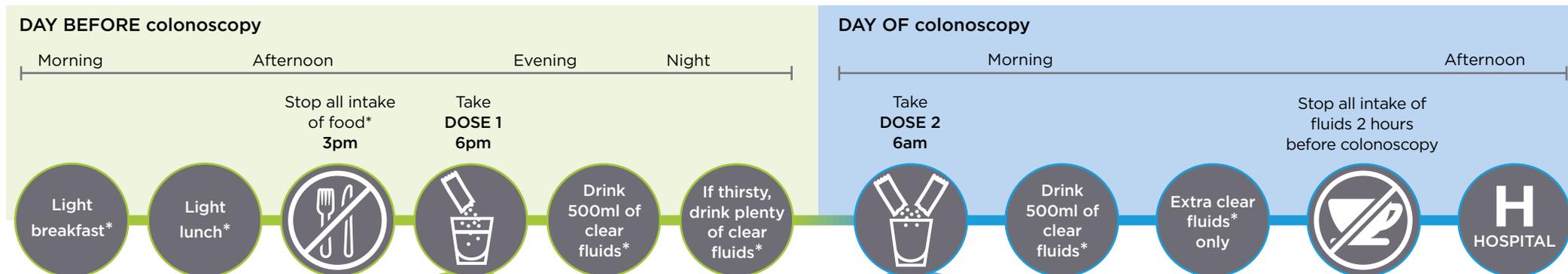


Unless your doctor or nurse tells you differently, start taking Plenvu as outlined below.

For full details, please refer to the patient information leaflet (PIL) supplied with your box of Plenvu.

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

You will have lots of watery bowel movement, so **stay near a toilet** because you may need to use it urgently.



### DOSE 1 6pm



Open the carton and remove the **Dose 1** sachet.



Pour the contents of the **Dose 1** sachet into a measuring container that can hold at least 500ml of fluid.



Add water to make up to 500ml and stir until all the powder has fully dissolved.



Each dose of Plenvu must be **sipped slowly** over 30 minutes, followed by 500ml of mandatory clear fluid over a further 30 minutes.



Overnight

### DOSE 2 6am



Open the carton and remove the **Dose 2** sachets A and B.



Pour the contents of **Dose 2** sachets A and B into a measuring container that can hold at least 500ml of fluid.



Add water to make up to 500ml and stir until all the powder has fully dissolved.



Each dose of Plenvu must be **sipped slowly** over 30 minutes, followed by 500ml of mandatory clear fluid over a further 30 minutes.

### Hints & Tips



**Sip slowly** over at least 30 minutes



Once dissolved, (this may take up to 8 minutes) the solution can be refrigerated



Try using a straw



Stay hydrated with plenty of clear fluids\*

\*Please see overleaf.