

Instructions for bowel cleansing with Plenvu®

How to prepare properly

A clean and completely empty bowel is essential for optimal assessment of the bowel during colonoscopy. Inadequate bowel preparation may result in the examination having to be repeated. Preparation is considered successful when your stool is **clear, like 'chamomile tea'**, and **no longer contains any solid components**.

Please read these instructions carefully and follow the recommendations exactly.

3 days before examination: Change of diet

Avoid foods with seeds, grains or high fiber content.



What should I avoid eating?

Grains, seeds, fibre-rich foods

- ✗ Wholemeal products, nuts, seeds
- ✗ Vegetables, salad, mushrooms
- ✗ Fruit with seeds and skin (berries, grapes, kiwi, etc.)



What can I eat?

Light, low-fibre foods

- ✓ Rice, pasta (not wholemeal), potatoes without skin
- ✓ White bread, toast, rusks
- ✓ Fish, poultry, tofu
- ✓ Dairy products (butter, cheese, yoghurt), eggs
- ✓ Bananas, apple sauce

1 day before the examination

You may eat light, low-fibre meals until noon. It is not necessary/advisable to fast the day before the examination.

- **breakfast:** light/low-fibre (✓ list above)
- **lunch:** by 12 noon at the latest: light/low-fibre (✓ list above)
- **from 2 pm: no more solid food, only clear liquids**
 - ✓ water, syrup, clear apple juice, light tea, coffee without milk, clear broth, water ice cream (sorbet)
 - ✗ coloured drinks (e.g. dark fruit tea/black tea), drinks with pulp, milk, alcohol

Preparation and intake of Plenvu®

1 day before the examination

5 pm – 6 pm



Pour the contents of Dose 1 into a vessel. Fill up to 0.5 L with water.



Stir until the powder has dissolved. **This process can take up to about 8 minutes.**

Also add at least 0.5 L clear liquid



Drink PLENVU® and the additional clear liquid **SLOWLY and BY SIPPING** alternately over a period of **at least 1 hour.**

After taking the first dose, diarrhea occurs after 1–3 hours and lasts about 2–6 hours.



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On the day of the examination

Timing depends on your appointment



Pour the contents of Dose 2 sachet A and Dose 2 sachet B into a vessel. Fill up to 0.5 L with water.



Stir until the powder has dissolved. **This process can take up to about 8 minutes.**

Also add at least 0.5 L clear liquid



Drink PLENVU® and the additional clear liquid **SLOWLY and BY SIPPING** alternately over a period of **at least 1 hour.**

Tips and advice

- Nausea or vomiting may occur while taking Plenvu. However, you must continue with the bowel preparation! The following measures may help:
 - Drink a cup of warm tea beforehand
 - Drink slowly and in small sips over 1 hour
 - take Plenvu chilled
- To prevent irritation of the anus, you can apply a greasy or zinc-containing ointment.
- Your medication should be taken 3 hours before the first dose of Plenvu or after the examination.
- Blood thinners such as Marcoumar, Eliquis, Xarelto, Pradaxa or Lixiana usually must be paused before a colonoscopy. Please inform us or discuss this with your GP.
- Aspirin Cardio does not need to be discontinued.