



# PLENVU<sup>®</sup>

## Powder for Oral Solution

Macrogol 3350, Sodium Ascorbate, Sodium Sulfate,  
Ascorbic Acid, Sodium Chloride, and Potassium Chloride

# Your guide to taking PLENVU<sup>®</sup> as an outpatient

Clinic name:

Doctor name:

Clinic telephone:

Patient name:

Procedure date:

Dose 1 to be taken:

Dose 2 to be taken:

Nil by mouth (nothing to eat or drink):

Admission time:

Special instructions:

## IMPORTANT

### PLEASE READ AND FOLLOW ALL INSTRUCTIONS

Drink all the required fluids to increase diagnostic accuracy and avoid the possibility of a repeat examination.

# Preparing for your procedure

Your Doctor wants to examine your large intestine (also called bowel or colon). This is a simple process, but first your bowel must be totally clean so the Doctor can see clearly. Before your examination your Doctor wants you to take PLENVU®. This product empties and cleans your bowel.

**DO NOT** take oral medication 1 hour either side of drinking your PLENVU®. Please follow instructions given by your Doctor or Nurse regarding medication.

Please **READ** this leaflet carefully and follow the instructions. If you have any questions please talk to your Doctor or Nurse. You will be helping make sure the examination goes well by following all instructions.

Tell your Nurse or Doctor **IF YOU SUFFER FROM CONSTIPATION** or **HAVE A HISTORY OF CONSTIPATION** and / or **YOU USUALLY EAT A HIGH FIBRE DIET**: They may recommend you take a laxative such as MOVICOL®, the dose is 1 sachet daily. This may be increased to 2 - 3 sachets daily if required. If more than 1 sachet is required then the dose may be split (eg morning & night). MOVICOL® is available over the counter from a pharmacy or via prescription from your doctor.

PLENVU® will cause frequent liquid bowel movements. You may need to go to the toilet several times during your preparation.

Please follow any instructions given by your Nurse or Doctor.



Excellent Bowel Preparation



Poor Bowel Preparation

3 days prior to your procedure, start a "low residue diet"

**AVOID FOODS THAT CONTAIN NUTS, WHOLE GRAINS, SKINS, SEEDS OR FIBRE**

Day: \_\_\_\_\_ Date: \_\_\_\_\_

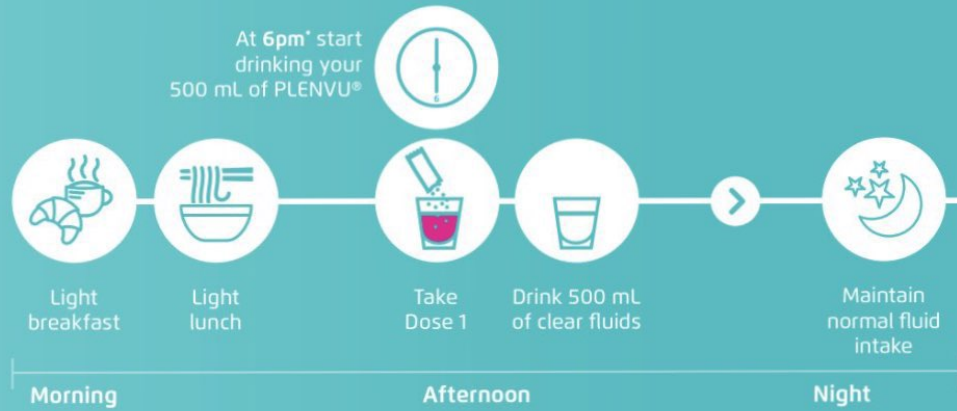
## THERE IS A SUGGESTED MENU FOR THESE 3 DAYS ON THE BACK PAGE

The following table suggests types of foods to avoid and those allowed during these 3 days.

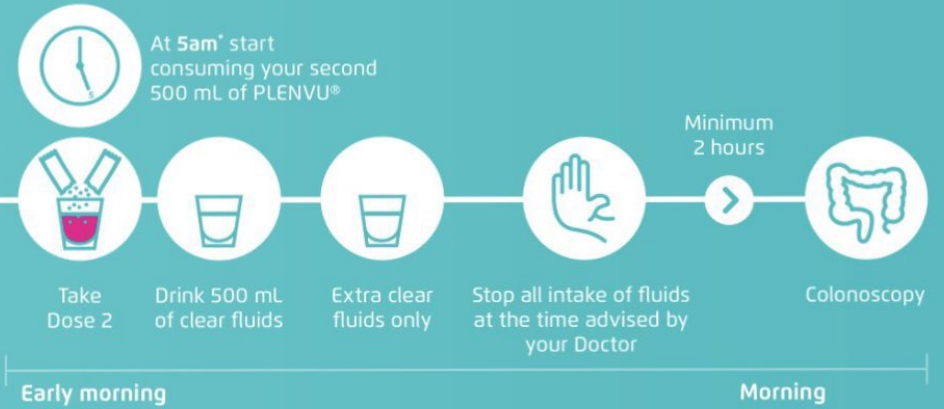
 <b>AVOID</b>	 <b>ALLOWED</b>
Wholegrain bread, fibre enriched white bread, wholemeal (brown) rice or pasta, corn meal, cereals, muesli, muesli bars, oats (porridge)	English muffins, croissant, French toast, plain white bread, white toast, panini, Cornflakes, Rice Bubbles, white flour, white pasta, white rice
Casseroles or dishes containing vegetables	Lean beef, pork, lamb, veal, fish, poultry, eggs, sausages, bacon, meat curries (no onion) Plain meat/steak and bacon pies, tofu, meat substitutes
Strawberries, passionfruit, citrus fruit, grapes, tomato, capsicum, peas, corn, onions Legumes, such as baked beans or kidney beans, lentils, barley, split peas. All fruit and vegetable skins and seeds.	Clear strained fruit juice (clear apple, clear pear), strained vegetable juice (V8) Skin free pumpkin and potato (mashed, steamed, baked), potato salad – with mayonnaise, egg, ham
Coconut, dried fruit, nuts, sultanas, raisins, seeds eg linseed, sesame, sunflower, poppy Fruit yoghurt, Jevity, Sustagen Hospital with fibre, Nutrison Multi Fibre	All milks, plain yoghurt, cheese, white sauces, sour cream, butter, margarine, oil, mayonnaise, vanilla ice cream, meringue, custard
Jams and marmalades with skins, seeds or peel, peanut butter, mustard, most relishes	Vegemite, honey, lemon butter, cheese spread, fish and meat paste
AVOID ALL FIBRE SUPPLEMENTS SUCH AS: Metamucil, Normafibe, Normacol Plus, Nucolox, Psyllium, Benefiber, Fybogel	Include at least 6 - 8 glasses of fluid per day: Strained broths, clear soups, beef tea, soup cubes, water, soda water, tea, coffee, cordial, Bonox, Bovril, Milo, Aktavite, Sustagen, Ensure, Digestelact

# Split dosing for Morning Procedure

## Day before colonoscopy



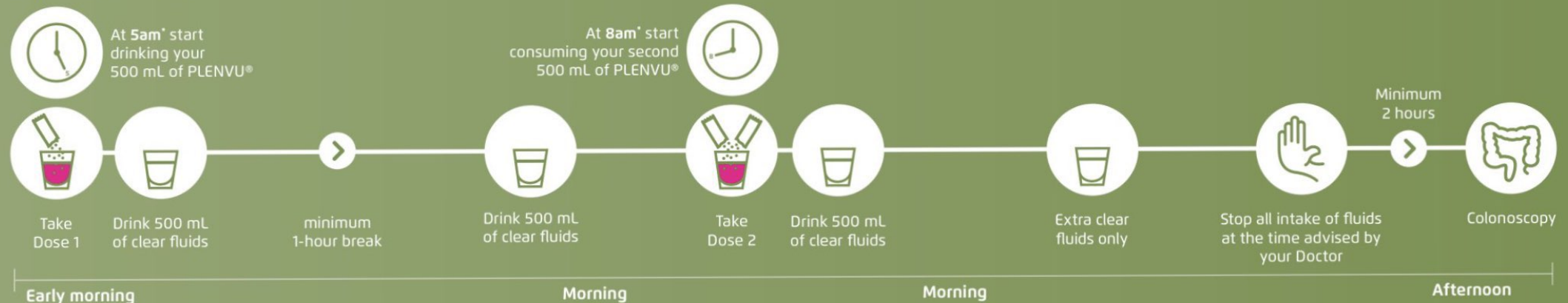
## Day of colonoscopy



\*Or at the time advised by your Doctor

# Same day dosing for Afternoon Procedure

## Day of colonoscopy

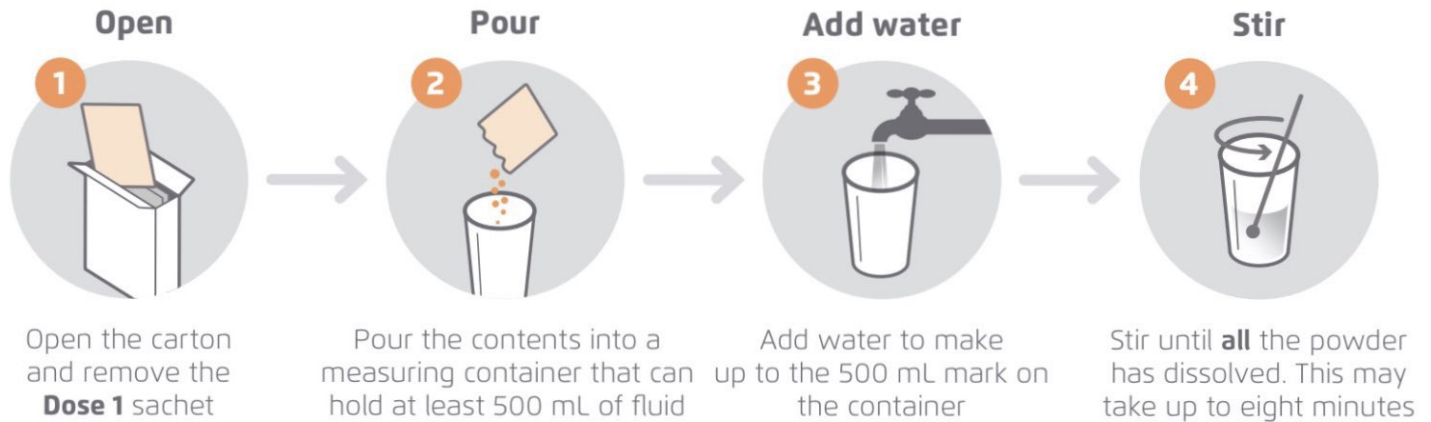


\*Or at the time advised by your Doctor

Mango  
flavoured

## Making up PLENVU® Dose 1

You should prepare PLENVU® Dose 1 when you need it, based on your dosing schedule.



### How to drink PLENVU® Dose 1

Once the powder has dissolved, PLENVU® Dose 1 can be drunk at the time you have been advised. If you have prepared the dose in advance, it can be stored (keeping covered) at or below 25°C. Also, it may be stored in the refrigerator (2°C to 8°C). Do not store it for more than 24 hours.

Drink PLENVU® **Dose 1** slowly over 30 minutes. Try to drink a glassful (250 mL) every 10-15 minutes.

After you have drunk all of Dose 1, drink **500 mL of clear fluids\*** over the next 30 minutes.

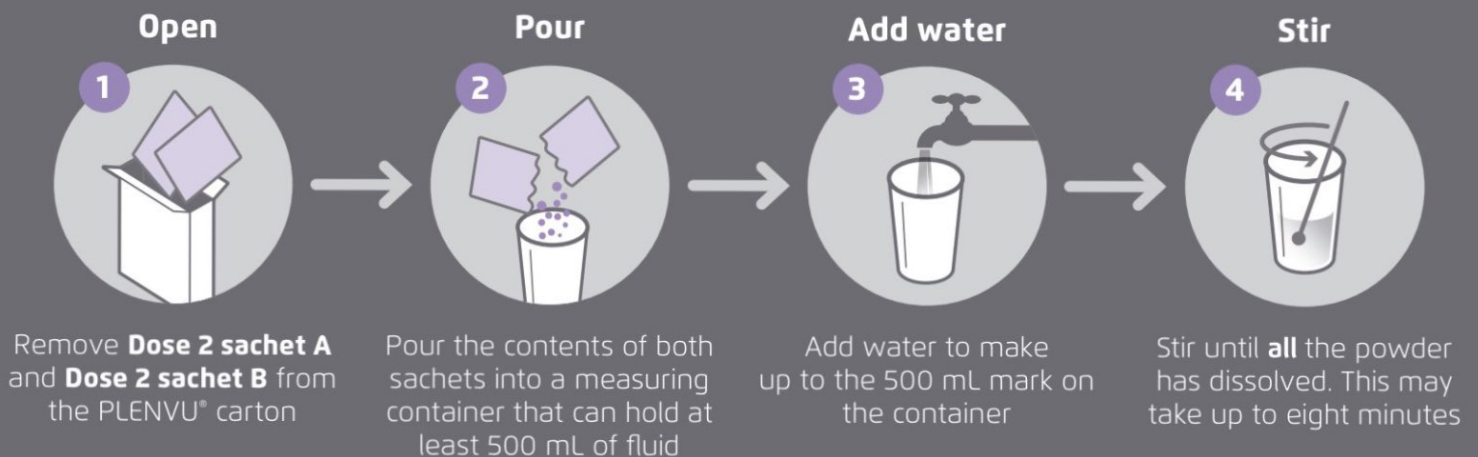
\*See list of permitted clear fluids.

Dissolving PLENVU® in water (not chilled) may take up to approximately 8 minutes and is best performed by placing the powder into the mixing container first followed by the water (not chilled). You should wait until all the powder has dissolved before drinking the solution.

Fruit punch  
flavoured

## Making up PLENVU® Dose 2

You should prepare PLENVU® Dose 2 when you need it, based on your dosing schedule.



### How to drink PLENVU® Dose 2

Once the powder has dissolved, PLENVU® Dose 2 can be drunk at the time you have been advised. If you have prepared the dose in advance, it can be stored (keeping covered) at or below 25°C. Also, it may be stored in the refrigerator (2°C to 8°C). Do not store it for more than 24 hours.

Drink PLENVU® **Dose 2** slowly over 30 minutes. Try to drink a glassful (250 mL) every 10-15 minutes.

After you have drunk all of Dose 2, drink **500 mL of clear fluids\*** over the next 30 minutes.

\*See list of permitted clear fluids.

# Suggested 'low residue' menu plan only

This menu plan is a suggestion only and is not intended for long term use, as it contains fewer vegetables and fruits than recommended in a balanced diet.

BREAKFAST	LUNCH /DINNER	SNACKS
Juice - apple, cranberry, pear, white grape	Clear soups, broths, chicken noodle soup	Cheese and plain crackers
Plain yoghurt (no fruit or nut topping)	Fish, steak, chops, ham, chicken, turkey	Rice cakes, protein bars (no nuts)
Small bowl Cornflakes or Rice Bubbles	Potato or pumpkin (skinless), baked, steamed, mashed, potato salad	Ham quiche
2 eggs poached, boiled or scrambled	Pasta carbonara or macaroni	Parmesan cheese sticks
Bacon, sausage	Cheese (no tomato paste or bottled sauces)	Wedges with sour cream
Hash browns	Sandwiches - white bread / roll	Cake based on white flour
1 slice white toast	Panini: chicken, ham (no mustard), tuna, turkey, pastrami, corned beef, cheese, egg	Biscuits based on white flour
French toast, cinnamon sugar	Baked rice custard, chocolate mousse	Chocolate biscuits – no nuts
Plain mince, vegemite, honey	Plain ice-cream	Cheesecake - no wholemeal crust
Croissants - plain or ham and cheese	Water, soft drink, tea, coffee	Scones with honey
Low fibre muffin - no fruit or nuts		Pikelets with lemon & sugar or honey
Crumpets and honey		Waffles with syrup
Pancakes with syrup		Vanilla slice (no passionfruit seeds), doughnut, custard danish or custard tart, Meringue kisses, milkshakes, egg flips, protein shake
Chocolate brioche		Clear sports drinks, tea, iced tea, coffee, hot chocolate
Tea, coffee, water		Plain / chocolate Sustagen
		Ensure, Digestelact, water

## Clear fluids includes the following;

- Water
- Black tea
- Black coffee
- Cordial – orange or lemon  
**NO red, green, purple or blue**
- Fruit Juice – pulp free orange or clear apple
- Clear Soup – strain bits out before drinking
- Yellow or orange jelly
- Sports Drinks eg Gatorade or Powerade. **NO red, green, purple or blue**
- Beef tea eg Bovril, Bonox
- Soup cubes eg stock cube in hot water

**Note: Please read pack insert in product packaging before use.**