



# PLENVU<sup>®</sup>

## Powder for Oral Solution

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

## PLENVU<sup>®</sup> Instructions\*

DATE OF PROCEDURE: \_\_\_\_\_

NIL BY MOUTH TIME (NOTHING TO EAT OR DRINK): \_\_\_\_\_

ADMISSION TIME: \_\_\_\_\_

CLINIC NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

SPECIAL INSTRUCTIONS: \_\_\_\_\_

**TELL YOUR DOCTOR OR NURSE IF YOU SUFFER FROM CONSTIPATION OR HAVE A HISTORY OF CONSTIPATION.**

\*Before use, please read the PLENVU<sup>®</sup> Consumer Medicine Information found in the product packaging and available from [www.norgine.com.au/our-products/plenvu](http://www.norgine.com.au/our-products/plenvu) or simply scan the QR code found on Page 5 of this pamphlet.

# 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.

**Please follow any instructions given by your nurse or doctor.** If you are unsure of any aspect of the preparation or you are having an adverse reaction or any problems, ring the number you have been given to speak with a doctor or nurse.

**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.

**DO NOT** take oral medication within 1 hour before the start of PLENVU®. Please follow instructions given by your doctor or nurse regarding medication.

**A protective cream such as lanolin, Vaseline® or Amolin® may be applied to your anal area before the diarrhoea commences to lessen discomfort.** The bowel movement coming out of you would be yellowish, light, liquid and clear enough to see through without many particles.



Excellent Bowel Preparation



Poor Bowel Preparation



Liquid that is watery or yellow and clear enough to see through



**3 DAYS BEFORE COLONOSCOPY - DO NOT EAT ANYTHING WITH SKIN, SEEDS, NUTS OR GRAINS**

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

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

Unless your doctor or nurse tells you differently, start taking PLENVU® as outlined in this pamphlet.

The following table suggests types of foods to avoid and those allowed during the 3 days leading up to your procedure

 <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 - no pulp (clear apple, clear pear) Skin free pumpkin and potato (mashed, steamed, baked), potato salad with mayonnaise, egg, ham
Coconut, dried fruit, nuts, sultanas, raisins, seeds e.g., linseed, sesame, sunflower, poppy Fruit yoghurt, Jevity®, Sustagen® Hospital with fibre, Nutrison® Multi Fibre	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: Normafibe®, Normacol® Plus, Nucolox®, Benefiber®, Fybogel®, Metamucil® (psyllium)	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®, Aktavite®

## Consumer Medicine Information

Before use, please read the PLENVU® Patient Information Leaflet found in the product packaging and also available by simply scanning this QR code:



If collecting PLENVU® from your local pharmacist, ensure to collect 1 WEEK PRIOR TO PROCEDURE.



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

# Follow instructions appropriate to your procedure time

## MORNING PROCEDURE

Day before dosing schedule for admission before 12 noon

**The day before your procedure** have a light breakfast and a light lunch from the "low residue" meal plan on the back page (NO SKIN, SEEDS, NUTS OR GRAINS).

**DO NOT EAT** from now until after your procedure.

**DRINK ONLY CLEAR FLUIDS FROM LUNCH UNTIL YOUR NIL BY MOUTH TIME**

## AFTERNOON PROCEDURE

Two-day split dosing schedule for admission after 12 noon

**The day before your procedure** have a light breakfast and a light lunch, from the "low residue" meal plan on the back page (NO SKIN, SEEDS, NUTS OR GRAINS).

**DO NOT EAT** from now until after your procedure.

**DRINK ONLY CLEAR FLUIDS FROM LUNCH UNTIL YOUR NIL BY MOUTH TIME**

**NOTE:** Ensure you drink a range of clear fluids the day before your procedure to keep hydrated.  
**DO NOT** take oral medication within 1 hour before starting PLENVU®.

At **4 pm prepare** your first 500 mL of PLENVU® (Dose 1, one sachet) following the *Making up PLENVU®* guide on Page 4.

At **6 pm drink** PLENVU® Dose 1 **SLOWLY** over 30 minutes. Follow with 500 mL of clear fluids over the next 30 minutes. It is important to finish **ALL** the PLENVU® and CLEAR FLUIDS.

**CONTINUE TO DRINK A RANGE OF CLEAR FLUIDS UNTIL YOUR GIVEN NIL BY MOUTH TIME.**

At **7 pm prepare** your second 500 mL of PLENVU® (Dose 2, two sachets) following the *Making up PLENVU®* guide on Page 4.

At **9 pm (or as instructed by your doctor) drink** PLENVU® Dose 2 **SLOWLY** over 30 minutes. Follow with 500 mL clear fluids over the next 30 minutes.

If you feel nauseated, slow down the rate of drinking by using a straw.

It is important to finish **ALL** the PLENVU® and CLEAR FLUIDS.

**CONTINUE TO DRINK A RANGE OF CLEAR FLUIDS UNTIL YOUR GIVEN NIL BY MOUTH TIME**

At **4 pm prepare** your first 500 mL of PLENVU® (Dose 1, one sachet) following the *Making up PLENVU®* guide on Page 4.

At **6 pm drink** PLENVU® Dose 1 **SLOWLY** over 30 minutes. Follow with 500 mL of clear fluids over the next 30 minutes. It is important to finish **ALL** the PLENVU® and CLEAR FLUIDS.

**CONTINUE TO DRINK A RANGE OF CLEAR FLUIDS UNTIL YOUR GIVEN NIL BY MOUTH TIME.**

**Before going to bed prepare** your second 500 mL of PLENVU® (Dose 2, two sachets) following the *Making up PLENVU®* guide on Page 4.

At **6 am (or as instructed by your doctor) on the morning of your procedure, drink** PLENVU® Dose 2 **SLOWLY** over 30 minutes. Follow with 500 mL clear fluids over the next 30 minutes.

If you feel nauseated, slow down the rate of drinking by using a straw.

It is important to finish **ALL** the PLENVU® and CLEAR FLUIDS.

**CONTINUE TO DRINK A RANGE OF CLEAR FLUIDS UNTIL YOUR GIVEN NIL BY MOUTH TIME**

**PLENVU® is designed to give you watery diarrhoea so stay close to a toilet because you may need to use it urgently. A protective cream or ointment (lanolin, Vaseline®, Amolin®) may be applied to your anal area before the diarrhoea commences to prevent soreness.**

If you are unsure of any aspects of the preparation or you are having an adverse reaction or any problems, ring the number you have been given to speak with a doctor or nurse.

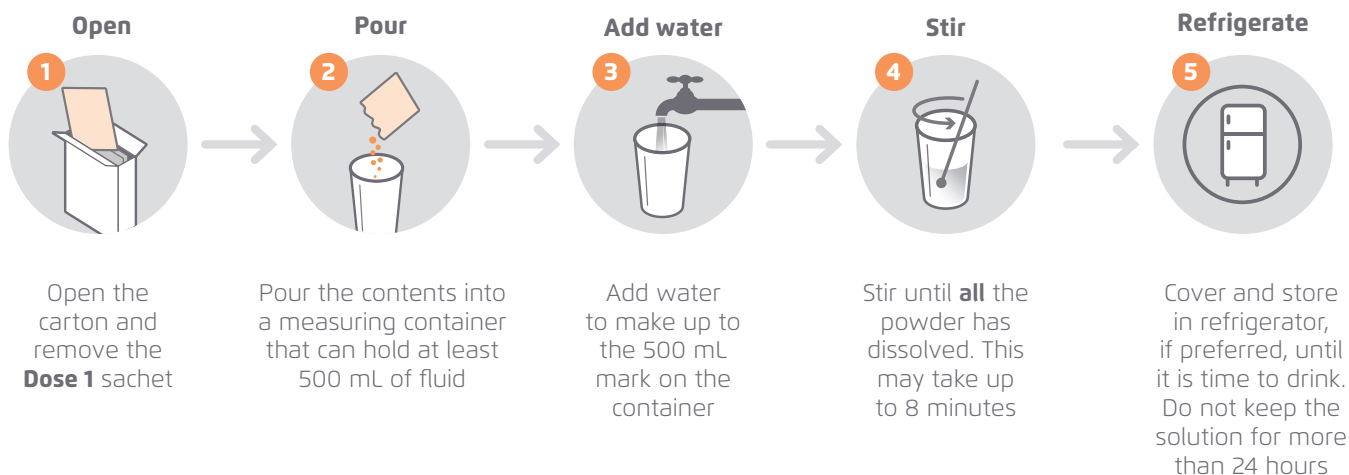
You have now completed your preparation for your examination. It is important to consume **ONLY CLEAR FLUIDS UNTIL YOUR NIL BY MOUTH TIME** (nothing to eat or drink). This is important for your procedure to be successful.

**NIL BY MOUTH TIME** from the front page: \_\_\_\_\_

Mango  
flavoured

## Making up PLENVU® Dose 1

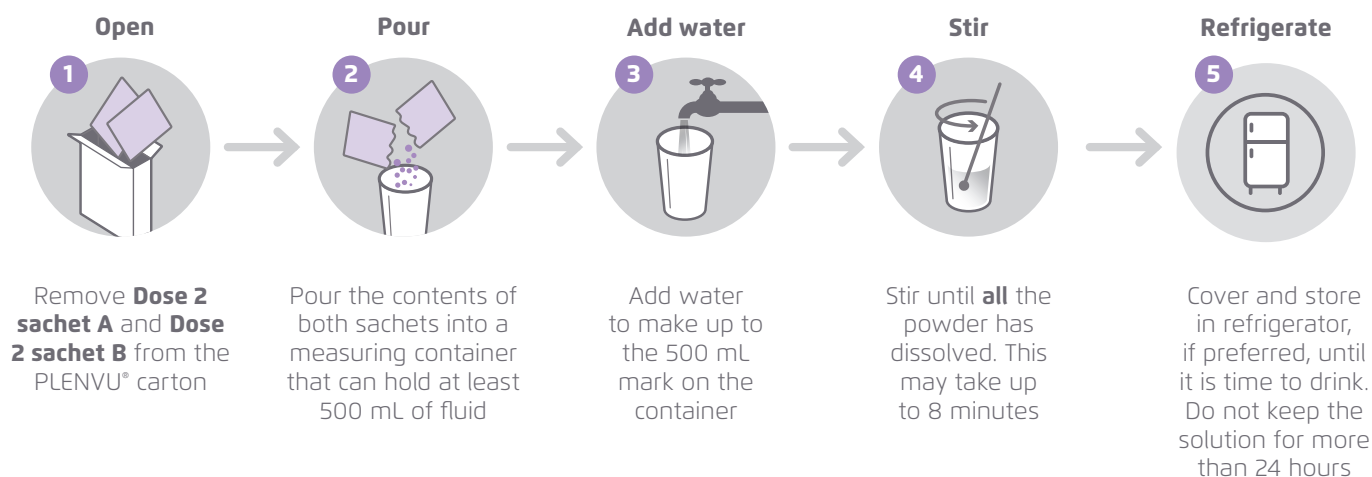
You should prepare PLENVU® Dose 1 when you need it, based on your dosing schedule.



Fruit punch  
flavoured

## Making up PLENVU® Dose 2

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



# 'Low residue diet' menu plan - suggestion only

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

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

## Clear fluids allowed while taking PLENVU® and until your NIL BY MOUTH time

Water Black tea Black coffee Cordial – orange or lemon <b>NO red, green, purple or blue</b>	Fruit juice - clear and pulp free - apple, pear or white grape juice Clear soup – strain bits out before drinking Yellow or orange jelly	Sports Drinks e.g., Gatorade® or Powerade®. <b>NO red, green, purple or blue</b> Beef tea (e.g., Bovril®, Bonox®) Soup cubes (e.g., stock cube in hot water)
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