

Preparation for colonoscopy with Plenvu

Afternoon appointment

Endoscopy Department [patient information](#)

This information sheet has been given to you along with one box of Plenvu. Please follow the advice carefully. This is to ensure an empty bowel. This will allow for a complete and thorough exam.

Seven days before your colonoscopy:

If you take iron tablets (e.g. ferrous sulphate, ferrous fumarate) or stool bulking agents (e.g. Fybogel, ispaghula husk) please stop taking them until after your colonoscopy.

Five days before your colonoscopy:

If you take medication to control diarrhoea (e.g. loperamide) please stop taking it until after your colonoscopy. Continue to take your regular medication, including laxatives.

Stop eating nuts/seeds.

Two days before your colonoscopy:

Commence low fibre foods only until after your colonoscopy. Examples of foods to choose and those to avoid are in the table below.

Choose (low fibre)	Avoid (high fibre)
Cereals such as cornflakes, Rice Krispies, Ricicles, Frosties, Sugar Puffs, Coco Pops	All Bran, Wheat Bran, Weetabix, Shredded Wheat, Branflakes, oat bran, muesli, Ready Brek, porridge, granola
White bread/rolls, white wraps, white pitta, white naan or chapatti, crumpets	Wholemeal, high fibre white (Best of Both), softgrain, granary, or oatmeal bread products
White pasta or noodles, white rice, cous cous	Wholemeal pasta or noodles, brown rice
White flour, white breadcrumbs or batter	Wholemeal or granary flour, brown rice
Chicken, turkey, fish, cheese, eggs (including plain omelettes)	All red meats, along with foods containing red meat such as burgers, sausages, ham
Clear or sieved soups (consommé or Bovril)	Chunky vegetable, lentil or bean soups

Choose (low fibre)	Avoid (high fibre)
Potato flesh, boiled or mashed potato, crisps	Potato skins, jacket potatoes
Fruit juice with no 'bits' or pulp, cordial, squash, herbal or fruit tea (i.e. chamomile)	All fruits and vegetables, smoothies, salads
Milk, cream, custard, ice cream, jelly, lollies, milk puddings (e.g. crème caramel, semolina, rice pudding, tapioca, sago, blancmange) smooth mousse or yoghurt, crème fraiche)	Yoghurts containing pieces of fruits
Sponge cake, Madeira cake, rich tea biscuits, wafers, shortbread, waffles and pancakes made with flour	Any cakes or biscuits made with wholemeal flour, nuts, fruits or grains (fruit cake, Ryvita, digestives or HobNobs)
Honey, lemon curd, golden or maple syrup, jams or marmalades containing no 'bits', Marmite, smooth peanut butter	Jam or marmalade with pips, skins or seeds, crunchy peanut butter, snacks containing nuts or fruit (muesli bars)
Salt, sugar, fine ground pepper, vinegar, mustard, gelatine, ground or dried herbs, salad cream, mayonnaise, ketchup, oil, butter	Nuts, Quorn, fresh herbs, fresh ground peppercorns, whole pickles, chutney, hummus

One day before your colonoscopy:

Eat a low fibre breakfast and lunch. After **3pm** you must have **clear fluids only** until after your colonoscopy. Do not have any food or fluids which are not clear during this period.

If you are diabetic, a separate clear fluids leaflet will be enclosed.

Clear fluids include the following:

- Water
- Black tea and black coffee (**without milk**), herbal or fruit tea (**no solids**)
- Clear, strained soups (consommé, sieved minestrone)
- Oxo, Bovril or Marmite drinks
- Clear jellies (**not red or purple**)
- Clear fruit squashes and cordials (**not red or purple**)
- Clear fruit juice (**such as apple or white grape**)
- Boiled sweets (**not red or purple**)
- Clear fizzy drinks are ok (**not red or purple**) but can make you feel bloated

The box contains two doses (Dose 1 and 2). At **6pm** prepare the first dose of Plenvu. Mix dose 1 with 500mls of water in a jug. Stir until the powder is completely dissolved. The solution should be clear or slightly hazy. You can mix the powder with chilled water, clear squash or cordial. This will help it taste better. Some people find it easier to drink it through a straw. **Drink it slowly over two hours.** Do not gulp or rush. Take your time. If Plenvu makes you feel sick, try to drinking half a cup at a time until it is gone.

Drink at least 500ml (half a litre or a pint) of clear fluid in addition to each litre of Plenvu. This is to avoid becoming dehydrated.

Allow about two hours for Plenvu to start working.

Remember to drink 500ml of clear fluid during the evening to keep you hydrated. You will need easy access to a bathroom. You will find that your stool (poo) becomes more liquid, and clearer, each time you go.

A separate information sheet is enclosed containing advice about taking medication. Take any medication at least an hour before or after each dose of Plenvu.

The day of your colonoscopy:

Remember that you must not eat anything. Continue to drink clear fluids only.

At **6am** prepare the second dose of Plenvu by mixing sachet A and B together (dose 2) in 500mls of water. **Drink it slowly over two hours.** Do not gulp or rush. Take your time. If Plenvu makes you feel sick, try drinking half a cup at a time until it is gone

Continue to drink plenty of clear fluids until two hours before your appointment, then nothing until after your colonoscopy.

If you are having a general anaesthetic, please drink water **only** from midnight. Do not have anything from two hours before your appointment time.

Please remember to bring a list of your medication and allergies with you. Your GP receptionist can give you with a printed list if needed.

Contact details

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