

# Instructions for use

Dear patient,

Your doctor has prescribed you bowel cleansing with PLENVU® for your upcoming examination. PLENVU® is a powder for the preparation of a colonic irrigation solution consisting of dose 1 (1 sachet) and dose 2 (2 sachets). When dissolved in water and drunk, it cleanses your bowel. Watery stools are therefore the desired effect.

Please follow these instructions for your preparation to proceed as well as possible. Efficient bowel cleansing with PLENVU® provides your doctor with an unobstructed view, thus creating the best conditions for a successful colonoscopy.

## Advice from your doctor

## Important information

- Medicines may be flushed out and may not work as usual.
- If you are given a sedative on the day of the examination, you should not drive a vehicle.

## Advice for consumption

### IMPORTANT:

Under no circumstances should you drink the solution quickly so that you can "get it over with quickly". The result could be that you feel sick. Do not empty the glass in one go, but **sip by sip and slowly**. **Allow at least 1 hour for this. Please read this PLENVU® information leaflet carefully.**



Alternately drink a sip of PLENVU® and a sip of another clear liquid



Drink warm tea before taking to prepare the stomach



Accompany with a slightly tart drink (e.g. green tea, lemon balm tea or clear apple juice)



Drink PLENVU® chilled from the refrigerator



Drink with a straw or from a water bottle



Chewing gum, menthol sweets or sucking lemon or orange slices

## Step 1: Diet in the days before the examination



### From 2–3 days before the examination<sup>1\*</sup>



#### Not allowed:

foods containing seeds, such as:

Whole grain products, breaded foods, tomatoes, peppers, grapes, raspberries, etc.



### 1 day before the examination



#### Allowed:

Light low-fibre food, such as:

Cooked lean meat, fish, rice, pasta, potatoes, soy and tofu, butter, white bread, yoghurt, cheese



The final light meal should be taken before \_\_\_\_\_ on \_\_\_\_\_.



### Drinking around the examination day



#### Permitted clear liquids:

Water, tea (herbal, ginger, green), clear fruit juices (without pulp), clear soups



#### Not permitted clear liquids:

Red or purple coloured drinks, drinks with fruit pulp, carbonated drinks, alcohol, milk, clear soups with chowder



**IMPORTANT: Do not take any liquids within 2 hours before the examination!**

## Step 2: Preparation and ingestion Dose 1



Date:

Time:



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.**

## Step 3: Preparation and ingestion Dose 2



Date:

Time:



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.**

Your examination date/time:

Practice stamp:

\* Please follow your doctor's instructions for the start of the diet.

1. Walter B, et al. Smartphone Application to Reinforce Education Increases High-Quality Preparation for Colorectal Cancer Screening Colonoscopies in a Randomized Trial. Clin Gastroenterol Hepatol. 2021 Feb;19(2):331-338.e5. doi: 10.1016/j.cgh.2020.03.051. Epub 2020 Mar 30. Erratum in: Clin Gastroenterol Hepatol. 2022 Jan;20(1):250. doi: 10.1016/j.cgh.2021.10.011. PMID: 32240835.

Eine vollständige Kopie der zitierten Referenz kann gerne angefordert werden.

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