

PATIENT INFORMATION

HOW TO TAKE PLENVU BOWEL PREP



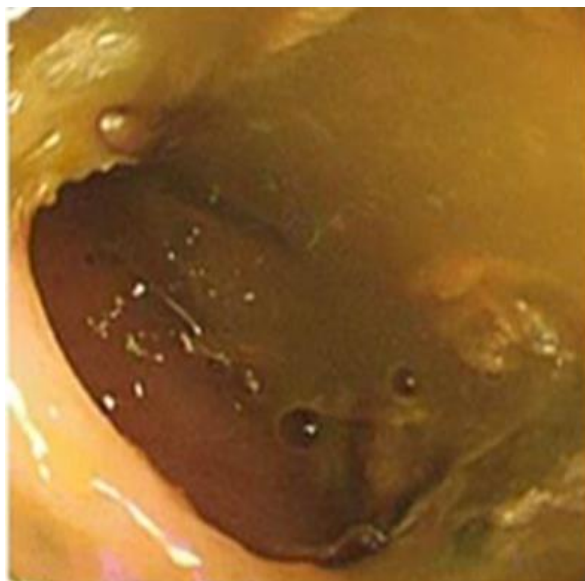
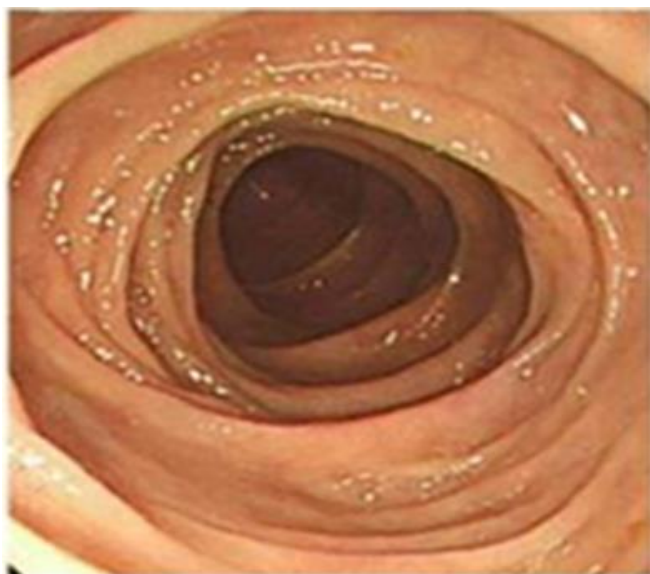
ENDOSCOPY – PLENVU BOWEL PREP

This booklet has been produced to help you better prepare for your procedure.

It is important that you read this information carefully, that way you will get the best possible preparation for your colon examination.

If the bowel is not sufficiently cleared of stool the risks are:

1. We might not even be able to perform your procedure when you arrive if you have not completed the prep.
2. The views of the lining of the bowel may be poor and the risk is we could miss something.
3. You may need to have a repeat procedure within a short time period which means taking the prep again, and having a delay to a diagnosis.
4. The 2 pictures below demonstrate the difference between good and bad bowel cleansing.



The Plenvu preparation we have sent to you, is not a particularly nice flavour, however it is proven to be one of the safest and most effective ways of cleaning your bowel.

The first dose is slightly easier to tolerate than the second dose. This is because the second dose has the addition of ascorbate which tastes very salty and bitter, however, it is extremely important to take both doses to achieve success.

To get the best out of the preparation it is important that you follow **ALL** of the instruction laid out:

- Take a low fibre diet for 5 days prior to your procedure
- Drink the plenvu slowly over 1 hour (see charts further down)
- Take a **MINIMUM** extra 500mls of clear fluids after each dose
- Read the Hints and Tips and use them to your advantage.

GOOD PREP BEGINS A WEEK BEFORE YOUR PROCEDURE

7 DAYS BEFORE YOUR PROCEDURE:

Stop taking any of the following medication:

- Imodium® (loperamide)
- Codeine phosphate • Lomotil (co-phenotrope)

(If you are taking codeine based medication you may need to discuss with your doctor an alternative to allow the bowel preparation to be the best it can be. Codeine causes constipation and it is harder for the prep to do its job)

- Iron tablets
- Fybogel® (ispaghula husk)

Anticoagulants: (full instructions may be on the pre-procedure patient leaflet and consent form)

If you are taking any of the following and you are unclear of the instructions, please contact the endoscopy department for advice.

**Warfarin
Prasugrel
Diabigatran
Apixaban
Edoxaban**

**Clopidogrel
Ticagrelor
Rivaroxaban
Phenindione**

If you are diabetic, please follow the instructions on the pre-procedure patient leaflet that will arrive with your consent form.

Please note all other medications such as heart tablets and blood pressure tablets and folic acid should be continued as normal, including on the day of your test.

STOP EATING NUTS AND SEEDS IN YOUR DIET, THIS INCLUDES SEEDED BREAD

Familiarise yourself with the Low Fibre diet sheet which is located at the back of this booklet, please ensure you have enough food in for the period you are asked to follow this diet.

5 DAYS BEFORE YOUR PROCEDURE:

You will need to start eating only foods highlighted in green which are on the low fibre diet sheet at the end of this booklet, please familiarise yourself now so that you completely understand what is expected.

What to Expect

After you drink Plenvu you will have lots of watery bowel movements, so stay near a toilet because you may need to use it urgently.



Hints & Tips



Sip the Plenvu solution very slowly over 60 minutes alongside an additional 500 ml clear fluids (you can alternate between sips of Plenvu and clear fluid if you'd like)



Once dissolved (this may take up to 8 minutes) the solution can be refrigerated



Try using a straw



Stay hydrated with plenty of clear fluids

How to Prepare Plenvu

Dose 1



Empty dose 1 sachet in to a 500ml jug



Add water to make up 500ml and stir until fully dissolved



Sip very slowly over 60 minutes

Dose 2



Empty dose 2 sachets (A & B) in to a 500ml jug



Add water to make up 500ml and stir until fully dissolved



Sip very slowly over 60 minutes



drink
500ml
clear fluids

with each dose.

Alternating between this and the Plenvu solution is acceptable

For more information please visit

bowelcleansingmatters.co.uk

This is an external link to a patient website intended for those patients who have been prescribed Plenvu by their healthcare professional.



Please Note: all wet wipes if flushed should be biodegradable type such as specific toilet wipes.

ALL other baby wipes must be disposed of in the bin.

ON THE DAY BEFORE YOUR APPOINTMENT:

REMEMBER ONCE YOU START THE BOWEL PREP NO MORE FOOD

If your appointment is **before 11am** please follow the morning appointment instructions very carefully.

If your appointment is **after 11am** please follow the afternoon appointment Instructions very carefully.

INSTRUCTIONS FOR MORNING APPOINTMENT (BEFORE 11AM): **(THE DAY BEFORE THE APPOINTMENT)**

Have a light breakfast taking foods from the green column by **09:00hrs**, after this do not eat **any** more solid food, **until after your procedure.**

Please drink plenty of clear fluids such as tea without milk; coffee without milk; plain water; water with squash/cordial (not blackcurrant); **ANY** fizzy drinks including Lucozade; Bovril; Consommé; or any thin watery soup with **ALL** the solid bits sieved out. In moderation you can also have jellies, any flavour except red or blackcurrant, this is because the darker ones can stain the bowel.

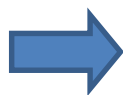
Please remember that even after you have had your final light breakfast at 09:00, you can continue to:

You may suck clear boiled sweets and / or clear mints

You may add sugar or glucose to your drinks

DAY BEFORE YOUR PROCEDURE:

14:30



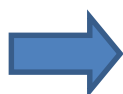
Mix the first dose of Plenvu (one sachet marked dose 1) in a jug with 500mls of water.

Divide into 4 smaller glasses and store in the fridge.



Make solution and put in the fridge, it is better tolerated when cold!

15:00



Drink one glassful of Plenvu every 15 minutes (sip it slowly, if it makes you feel sick, slow down further) Tick off each glass as you go



**After or
alongside**



In addition, drink a glassful of clear fluid (such as water; squash; UHT clear apple juice or Bovril) Tick off each glass as you go. This can be drunk by alternating between plenvu and clear fluid of choice.

By 19:30 Mix second dose of Plenvu ready and keep in the fridge



The 2nd dose should be mixed in the same way 1st dose, this time sachet A and sachet B should be mixed together.

20:00



Drink one glassful of Plenvu every 15 minutes (sip it slowly, if it makes you feel sick, slow down further) Tick off each glass as you go



**After or
alongside**



In addition, drink a glassful of clear fluid (such as water; squash; UHT clear apple juice or Bovril) Tick off each glass as you go. This can be drunk by alternating between Plenvu and clear fluid of choice.



INSTRUCTIONS FOR AFTERNOON APPOINTMENTS (AFTER 11AM) (DAY BEFORE THE APPOINTMENT)

Have a light breakfast and lunch taking foods from the green column by **3pm**, after this do not eat **any** more solid food, **until after your procedure**.

Please drink plenty of clear fluids such as tea without milk; coffee without milk; plain water; water with squash/cordial (not blackcurrant); **ANY** fizzy drinks including Lucozade; Bovril; Consommé; or any thin watery soup with **ALL** the solid bits sieved out. In Moderation you can have jelly any flavour except red or blackcurrant, this is because the darker flavours can stain the bowel.

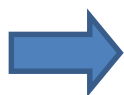
Please remember that even after you have had your final light meal at 3pm, you can continue to:

You may suck clear boiled sweets and / or clear mints

You may add sugar or glucose to your drinks

DAY BEFORE YOUR PROCEDURE:

16:30



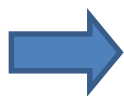
Mix the first dose of Plenvu (one sachet marked dose 1) in a jug with 500mls of water.

Divide into 4 smaller glasses and store in the fridge.



Make solution and put in the fridge, it is better tolerated when cold!

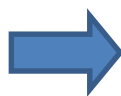
17:00



Drink one glassful of Plenvu every 15 minutes (sip it slowly, if it makes you feel sick, slow down further) Tick off each glass as you go



**After or
alongside**



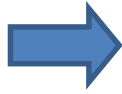
In addition, drink a glassful of clear fluid (such as water; squash; UHT clear apple juice or Bovril) Tick off each glass as you go. This can be drunk by alternating between plenvu and clear fluid of choice.



Before you go to bed, mix up the next dose of plenvu and keep it in the fridge ready for the following morning. This is done in the same way as 1st dose, this time sachet A and sachet B should be mixed together.

THE DAY OF YOUR PROCEDURE:

05:00



Drink one glassful of Plenvu every 15 minutes (sip it slowly, if it makes you feel sick, slow down further) Tick off each glass as you go



**05:30-
06:30**



Remember, to alternate the plenvu with clear fluid of choice.

There is no right or wrong way to get the doses down but it is important to drink slowly, drink cold and drink **PLENTY** of clear fluids.



REMEMBER IT IS VITALLY IMPORTANT TO TAKE ALL THE BOWEL CLEANSING AGENT. STICK TO THESE TIMINGS BUT SLOW DOWN TO ENSURE THAT THE 2 DOSES ARE TOLERATED. DOSE 2 WILL BE LESS TOLERABLE THAN THE FIRST DOSE THIS IS DUE TO THE ADDITION OF SACHET B WHICH HAS SLIGHTLY DIFFERENT INGREDIENTS IN.

Thank you for your co-operation and if any problems contact endoscopy for advice.

LOW FIBRE DIET:

PLEASE START 5 DAYS PRIOR TO YOUR PROCEDURE:

Food Type	Food ALLOWED	Food to AVOID
Bread, cereals and grains	<p>Refined breakfast cereals such as: Rice Krispies®, Coco Pops®, Weetos®, Frosties®, Cornflakes®, Sugar puffs®,</p> <p>Products made from white flour for example white bread, white pasta, crumpets, English muffins, wraps, pitta bread, bagels.</p> <p>Well cooked white rice, rice noodles, egg noodles, white noodles.</p> <p>Plain naan bread, plain chapatti, poppadum's.</p> <p>Plain couscous and Polenta.</p>	<p>Wholemeal cereals. Cereals containing nuts, seeds or dried fruit.</p> <p>Muesli, fruit and fibre, shredded wheat, bran flakes, Crunchy Nut Cornflakes®</p> <p>Any bread products or biscuits containing coarse grains, seeds or nuts or dried fruit such as multigrain bread, seeded batch, rye crispbread, rough oatcakes, hobnobs, muesli bars, flapjacks, teacakes, scones, fruit loaves.</p> <p>Brown rice, brown pasta, quinoa, pearl barley.</p>
Meat, poultry and fish	<p>Soft and tender meats or poultry without visible fat and with skin removed such as poultry, lamb, beef, pork, veal and ham.</p> <p>Plain tofu, textured vegetable protein, Seitan, Quorn®.</p> <p>All types of eggs.</p> <p>Fish without bones such as cod, salmon.</p> <p>Seafood (ensure prawns and shrimps are peeled).</p>	<p>Tough, gristly meat or skin including pork scratchings.</p> <p>Fish with bones like sardines or with edible bones like whitebait.</p>
Dairy products, fats and oils	<p>Limit all types of milk including nut and plant-based milks to no more than half a cup a day.</p> <p>Any dairy alternatives are also allowed, in the same quantities.</p>	<p>Cheese containing dried fruit, onions or nuts.</p> <p>Yoghurts or fromage frais containing fruit pieces, dried fruit, nuts, seeds or cereal</p>

Vegetables	<p>Well-cooked or pureed root vegetables such as carrots, parsnips, turnips or swede. Tomatoes without skins or seeds such as tomato juice canned deseeded tomatoes, passata, tomato puree. Well-pureed hummus, lentil soup sieved to remove skins. Vegetable juices or soups – sieved to get rid of any seeds/skins. Avocado. Mashed potatoes or well-cooked potatoes without skin, for example jacket potato, boiled potato.</p> <p>Potato gnocchi is also allowed. Potatoes can be made into chips but NOT deep fried. (Fatty foods are difficult to digest and may cause discomfort)</p>	<p>All vegetable stalks, skins, seeds and peel. Sweet corn, broad beans, runner beans, mange tout, sugar snap peas, sweetcorn, spinach. Raw vegetables such as peppers, radishes and celery, tomatoes, cabbage, leeks, onions, lettuce, spinach and salad leaves. Firm beans and pulses with thick skins like kidney beans, baked beans, haricot beans, barlotti beans, soybeans, puy lentils, mushy peas or chickpeas.</p> <p>Potato skins. All curries made with lentils, beans, legumes/pulses.</p>
Fruits	<p>Fruit juice (no seeds / pips / skins / piths). Cooked or stewed fruit without skin. Melon, banana, canned pears, peaches or apricots, canned citrus fruit with no pith, skin or pips such as mandarins or grapefruit. Pureed fruit / fruit coulis (sieved).</p>	<p>All dried fruit. Any fruit skins, pips or seeds, strawberries, raspberries, blueberries, blackcurrants, gooseberries, passion fruit, pineapple, kiwi, mango, apricots.</p>
Desserts	<p><u>Clear</u> jelly - lemon, lime or orange flavours only.</p> <p>(the red/purple ones may stain the bowel)</p>	<p>Coloured jelly e.g. red jelly. Ice cream containing fruit and nuts, cakes, puddings and pies containing any of the following: Wholemeal flour, dried fruit, nuts, dried coconut and any fruits you have been advised to avoid.</p>
Drinks	<p>Fruit and vegetables juices with no bits.</p>	<p>Fruit and vegetable juices/smoothies with pulp and seeds.</p>

	UHT Clear Apple juice (This is an excellent choice to drink alongside the sachets of bowel prep) Water, soft drinks, tea and coffee, herbal tea.	
Other	Clear or strained soups. Sugar, honey, golden/maple syrup, seedless jam, marmalade. Dark/milk/white chocolate, boiled sweets, marshmallows, toffee	Chocolate with fruit or nuts. Nuts, seeds, coconut and desiccated coconut. Marmalade with peel, jam with seeds.

DO NOT FRY FOODS (air fryer with little or no fat is good)

DRINK PLENTY OF FLUIDS, THROUGHOUT THE WHOLE PROCESS

Contact Details:

If you have any specific concerns about your procedure, that you feel have not been answered and need explaining, please contact the following:

Alexandra Hospital Redditch

- Booking Office – 01527 505751
- Endoscopy Nursing Staff – 01527 512014

Evesham Community Hospital

- 01386 502443

Kidderminster Hospital

- Booking Office – 01562 826328
- Endoscopy Nursing Staff – 01562 513249

Worcestershire Royal Hospital

- Booking Office – 01905 760856
- Endoscopy Nursing Staff – 01905 733085

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.