



Instructions for use

Dear patient,

Your doctor has prescribed bowel cleansing with PLENVU® for you for your upcoming examination. Please follow these instructions for the preparation to proceed in an optimal manner.

What is PLENVU®?

PLENVU® is a powder for making up a bowel cleansing solution. Dose 1 consists of a sachet with a mango flavour, Dose 2 consists of two sachets tasting like fruit punch. When dissolved in water and drunk, it cleanses your bowels.

Watery stools are therefore the desired effect. Efficient bowel cleansing with PLENVU® creates an unobstructed view for your doctor, creating the best conditions for a successful colonoscopy. For you, this means a more reliable diagnosis.

Diet during bowel cleansing

Rules for proper diet

- **3 days prior to the examination:**
Not recommended: fruits or vegetables containing seeds, etc. (e.g. kiwis, tomatoes, grapes, wholemeal bread).
- **1 day prior to the examination:**
Recommended: on the day prior to the examination, the patient may have a light breakfast and light lunch. The light lunch must be completed at least 3 hours prior to taking the first dose.
- **Possible clear liquids are:**
Please drink at least an additional litre of clear liquid during bowel preparation. You can have drinks, such as water, clear soups, clear juices (without pulp), drinks containing lemonade or tee (without milk) no later than one hour prior to the examination.



Preparation of PLENVU®

Pack contents



One pack of PLENVU® contains 3 sachets: one sachet of Dose 1 and two sachets of Dose 2 (sachet A+B).

Preparation of Dose 1



Fill a container with the contents of Dose 1. Add 0.5 L water.



also add 0.5 L clear liquid

Mix the entire contents until the liquid is almost clear (this may take a few minutes).

Preparation of Dose 2



Fill a container with the contents of Dose 2 (sachets A+B). Add 0.5 L water.



also add 0.5 L clear liquid

Mix the entire contents until the liquid is almost clear (this may take a few minutes).

Suggestion: Drink PLENVU® chilled with or without a straw.

At least one hour should elapse after taking the second dose until the examination begins to achieve a complete bowel cleanse.

Taking PLENVU®

Dose 1



Dose 2 (sachets A+B)



time

time

The additional intake of at least 2 x 0.5 L clear liquid which may be freely selected by the patient is required

- Slowly drink the prepared PLENVU® doses within 30 minutes.
- Drink at least 0.5 L clear liquid in the 30 minutes after taking PLENVU®.
- The intake of any fluid should be completed no later than 2 hours prior to the examination.
- Stay within easy reach of an unoccupied toilet while taking the preparation.

Recommendation

Colonoscopy before 12:00 noon: Divide intake of PLENVU®, Dose 1 on the day before and Dose 2 (sachets A+B) on the day of the examination.

Colonoscopy after 12:00 noon: Take PLENVU® on the day of the examination.

Important note

- Medications (e.g. heart pills, blood thinners, diabetes medications or contraceptives) may be flushed out and may not work as usual. Therefore, talk to your doctor first.
- If you are given a sedative on the day of the examination, you may not drive a vehicle. Please arrange for someone to pick you up and ask your doctor if a caregiver is required at home.

Your examination appointment:

Time:

Practice stamp:

Please note the instructions for use.