Your guide to taking PLENVU®

PLENVU® is different to other bowel preparations you may have taken before. Please follow the instructions in this booklet carefully and also read the Patient Information Leaflet inside the carton.

PLENVU®

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

Images of people are used for illustrative purposes only.
Any persons depicted are models and do not use or personally endorse PLENVU®.

NORGINE
Partner for a healthy life

PLENVU®

This booklet is based on information in the PLENVU® Patient Information Leaflet (PIL). Please refer to the PIL or contact your doctor, pharmacist or nurse for more details.

What to expect with PLENVU®

- PLENVU® is a polyethylene glycol (PEG) laxative designed to cleanse your bowel prior to your planned colonoscopy. It does this by causing you to have diarrhoea, or frequent bowel movements
- A clean bowel will allow a clear view of the inner lining, which is important for accurate diagnosis and treatment
- Please ensure you follow instructions carefully as the colonoscopy may have to be cancelled and repeated at another time, if the bowel is not clean enough

Instructions on how to prepare PLENVU® for use can be found on pages 12 and 13.

PLENVU® will cause frequent liquid bowel movements

You may go to the toilet several times during your preparation

Your colonoscopy should take around 30 to 45 minutes to complete

You will be in the recovery ward for approx. 2 hours after your colonoscopy

What you need to know before you take PLENVU®

Taking other medicines?

- Any medicines taken orally (by mouth) may not be absorbed properly and not have their desired effect if taken within 1 hour of taking PLENVU®. Speak to your doctor, pharmacist or nurse if you are taking, have recently taken, or might take any other medicines (e.g. oral contraceptives)

No solid food, only clear fluids

- After you start taking your PLENVU® doses, you should **not eat** any solid food until after your colonoscopy. However, it is important to drink **clear fluids** as directed and stay hydrated throughout the preparation. Plan ahead and make sure you have enough clear fluids handy

Staying hydrated with clear fluids

- If you feel thirsty, drink plenty of **clear fluids** to keep yourself hydrated until **2 hours** before your colonoscopy. Suitable clear fluids include:
  - Water, fizzy drinks, fruit squash (NOT blackcurrant)
  - Clear fruit juice without pulp
  - Clear soup
  - Tea and/or coffee without milk
  - Herbal tea
- Do not drink alcohol, milk, anything coloured red or purple, or any other drinks containing pulp material

You must stop drinking all fluids:

- 2 hours before a colonoscopy under general anaesthesia
- 1 hour before a colonoscopy without general anaesthesia

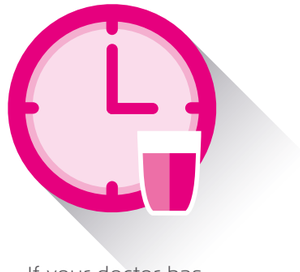
What dosing schedule should I follow?

Your treatment with PLENVU® must be completed before your colonoscopy. PLENVU® can be taken using different dosing schedules, depending on the arranged time for your colonoscopy.

Your doctor should already have told you which dosing schedule to follow.

If you are unsure, refer to the check box on the back cover of this booklet.

TWO-DAY (EVENING/MORNING) SPLIT DOSING SCHEDULE

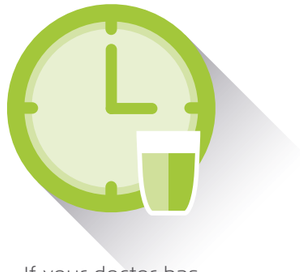


If your doctor has specified this schedule, go to the **PINK** section on pages 6 & 7.

MORNING ONLY DOSING SCHEDULE

If your doctor has specified this schedule, go to the **BLUE** section on pages 8 & 9.

DAY BEFORE DOSING SCHEDULE



If your doctor has specified this schedule, go to the **GREEN** section on pages 10 & 11.

The two-day (evening/morning) split dosing

About:

PLENVU® is a two-dose preparation.
Dose 1 is a single mango-flavoured sachet.
Dose 2 is two sachets (A and B) and fruit-punch flavour.

IMPORTANT TO COMPLETE TREATMENT: All sachets must be taken with the right amount of water according to the timing below.

Colonoscopy:

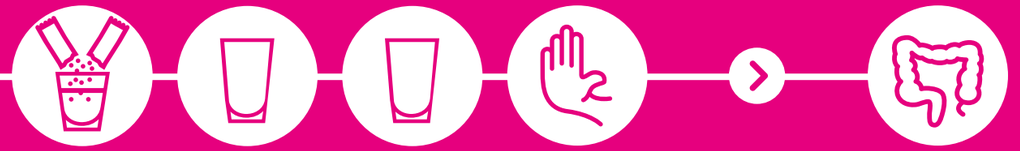
Fill in the planned time for your colonoscopy, and then note the actual time you finish each dose of PLENVU® in the relevant box.

Dose 1 of PLENVU® is taken the *evening before* your colonoscopy, and **Dose 2** of PLENVU® in the *early morning on the day* of your colonoscopy.

If you feel thirsty at any point, drink plenty of clear fluids.

Day before colonoscopy

Day of colonoscopy



Your personal reminder

You can use this section as a handy reminder of your personal PLENVU® plan.

My colonoscopy

Date:

Time:

My PLENVU® dosing – dose 1

Date:

Time:

My PLENVU® dosing – dose 2

Date:

Time:

*Colonoscopy with general anaesthesia. †Colonoscopy without general anaesthesia.

Morning only dosing

About:

PLENVU® is a two-dose preparation.
Dose 1 is a single mango-flavoured sachet.
Dose 2 is two sachets (A and B) and fruit-punch flavour.

IMPORTANT TO COMPLETE TREATMENT: All sachets must be taken with the right amount of water according to the timing below.

Colonoscopy:

Fill in the planned time for your procedure, and then note the actual time you took each dose of PLENVU® in the relevant box.

Both **Dose 1** and **Dose 2** of PLENVU® are taken in the *morning on the day* of your colonoscopy, separated by a minimum 1 hour interval.

If you feel thirsty at any point, drink plenty of clear fluids.

Day before colonoscopy

Light breakfast | Light lunch | Light dinner (e.g. clear soup or yoghurt) | Stop all intake of food | If thirsty, drink plenty of clear fluids

Morning | **Afternoon** | **Evening** | **Night**

Day of colonoscopy

Take Dose 1 | Drink 500ml of clear fluids | 1-hour break | Take Dose 2 | Drink 500ml of clear fluids | Extra clear fluids only | Stop all intake of fluids | 2-hour break* or 1-hour break† | Colonoscopy

Early morning | **Mid morning** | **Afternoon**

Your personal reminder

You can use this section as a handy reminder of your personal PLENVU® plan.

My colonoscopy

Date:

Time:

My PLENVU® dosing – dose 1

Date:

Time:

My PLENVU® dosing – dose 2

Date:

Time:

*Colonoscopy with general anaesthesia. †Colonoscopy without general anaesthesia.

Day before dosing schedule

About:

PLENVU® is a two-dose preparation.
Dose 1 is a single mango-flavoured sachet.
Dose 2 is two sachets (A and B) and fruit-punch flavour.

IMPORTANT TO COMPLETE TREATMENT: All sachets must be taken with the right amount of water according to the timing below.

Colonoscopy:

Fill in the planned time for your colonoscopy, and then note the actual time you took each dose of PLENVU® in the relevant box.

Both **Dose 1** and **Dose 2** of PLENVU® are taken in the *evening before* your colonoscopy.

If you feel thirsty at any point, drink plenty of clear fluids.

Your personal reminder

You can use this section as a handy reminder of your personal PLENVU® plan.

My colonoscopy

Date:

Time:

My PLENVU® dosing – dose 1

Date:

Time:

My PLENVU® dosing – dose 2

Date:

Time:

Day before colonoscopy

Light breakfast | Light lunch | Stop all intake of food | 3-hour break | Take Dose 1 | Drink 500ml of clear fluids | 1-hour break | Take Dose 2

Morning | **Afternoon** | **Evening**

Day of colonoscopy

Drink 500ml of clear fluids | If thirsty, drink plenty of clear fluids | Extra clear fluids only the following morning | Stop all intake of fluids | 2-hour break* or 1-hour break† | Colonoscopy

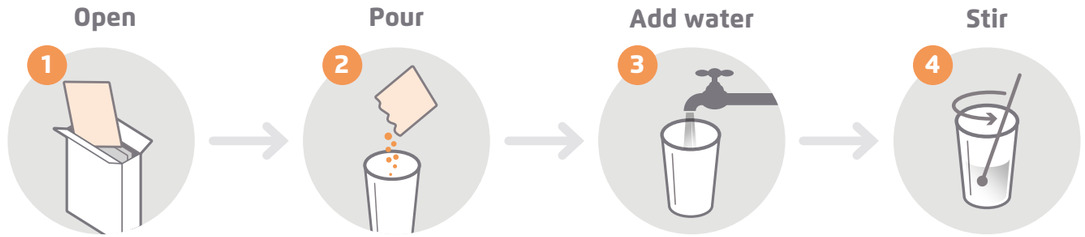
Night | **Morning** | **Afternoon**

*Colonoscopy with general anaesthesia. †Colonoscopy without general anaesthesia.

Mango flavoured

Making up PLENVU® Dose 1

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



Open the carton and remove the **Dose 1** sachet

Pour the contents into a measuring container that can hold at least 500ml of fluid

Add water to make up to 500ml

Stir until **all** the powder has dissolved. This may take several minutes

How to drink PLENVU® Dose 1

Once the powder has dissolved, PLENVU® Dose 1 can be drunk immediately, or kept at room temperature/ chilled in the fridge for up to 6 hours before drinking.

Drink PLENVU® **Dose 1** over 30 minutes.
Try to drink a glassful every 10-15 minutes.

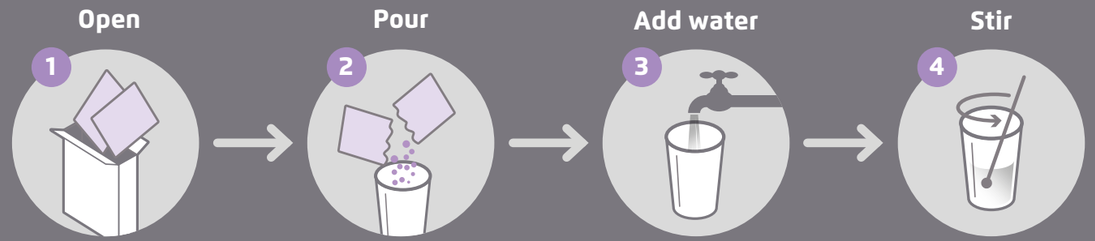
Follow PLENVU® Dose 1 with another **500ml of clear fluids*** over the next 30 minutes.

*Water is recommended, but you can also have soft drinks like tea or coffee without milk, clear fruit juice with no pulp, or herbal tea.

Fruit punch flavoured

Making up PLENVU® Dose 2

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



Remove **Dose 2 sachet A** and **Dose 2 sachet B** from the PLENVU® carton

Pour the contents of both sachets into a measuring container that can hold at least 500ml of fluid

Add water to make up to 500ml

Stir until **all** the powder has dissolved. This may take several minutes

How to drink PLENVU® Dose 2

Once the powder has dissolved, PLENVU® Dose 2 can be drunk immediately, or kept at room temperature/chilled in the fridge for up to 6 hours before drinking.

Drink PLENVU® **Dose 2** over 30 minutes.
Try to drink a glassful every 10-15 minutes.

Follow PLENVU® Dose 2 with another **500ml of clear fluids*** over the next 30 minutes.

*Water is recommended, but you can also have soft drinks like tea or coffee without milk, clear fruit juice with no pulp, or herbal tea.

Hints and tips

PLENVU® may be easier to take if:

- You drink through a straw
- It has been refrigerated once it has been made up

After taking PLENVU®:

- Use a barrier cream to prevent a 'sore bottom', e.g. petroleum jelly
- Make sure you allow enough time to travel to the hospital for your colonoscopy
- Consider using wet wipes after each bowel movement. Wet wipes that have been refrigerated are particularly soothing
- Arrange a taxi or ask a friend to take you home from hospital, as you may be unable to drive after being given a sedative (a medicine to help you relax but may also make you drowsy) during your colonoscopy

Adverse events
Always read the label. For full details of possible adverse events, please refer to the Patient Information Leaflet supplied within the PLENVU® carton.

Reporting of side effects
If you experience any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the Patient Information Leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

Your doctor has specified the following dosing schedule prior to your appointment

TWO-DAY (EVENING/ MORNING) SPLIT DOSING SCHEDULE ☐

MORNING ONLY DOSING SCHEDULE ☐

DAY BEFORE DOSING SCHEDULE ☐

This section must be completed by the doctor when prescribing PLENVU®.

Please contact your doctor if it has been left blank.

Your doctor has specified that your colonoscopy will be performed:

UNDER GENERAL ANAESTHESIA ☐

You must stop all intake of fluids
2 hours before your procedure

NOT UNDER GENERAL ANAESTHESIA ☐

You must stop all intake of fluids
1 hour before your procedure

This section must be completed by the doctor when prescribing PLENVU®.

Please contact your doctor if it has been left blank.

PLENVU®

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