

Bowel preparation instructions for colonoscopy/flexible sigmoidoscopy

NHS Bowel Cancer Screening Programme

Please follow this instruction leaflet very carefully. It has been designed specifically for the colonoscopy/ flexible sigmoidoscopy procedure and may differ from the manufacturer's instructions.

Plenvu – Colonoscopy/flexible sigmoidoscopy

What is the medicine 'Plenvu' used for?

Plenvu sachets have been prescribed to empty your bowel prior to the colonoscopy.

- The pack consists of three sachets: dose 1, and dose 2 (sachets 'A' and 'B').
- Plenvu is a powerful laxative and you need to take **all** of the bowel preparation for it to be effective.
- If you are frail or elderly, it is advised that you have someone with you once you start taking your bowel preparation.

Effects of Plenvu

- Very soon after taking the preparation, or within a few hours, you will experience diarrhoea. You may get some stomach cramps, dizziness, nausea or vomiting, or a sore bottom. Do not go out but stay close to the toilet. These feelings should ease but may not completely go. **Continue to drink clear fluids.**
- It is advisable to use a barrier cream around your bottom, e.g. Vaseline, white paraffin etc., to help prevent soreness.
- **If you have a stoma bag**, your stoma output will increase with the bowel preparation. You are advised to stay close to toilet facilities and have plenty of spare stoma equipment. Please call your stoma team to provide the right equipment before you start to take the preparation.

Do not use Plenvu:

- if you are allergic to any of the ingredients (please refer to the manufacturer's leaflet for the ingredients).
- if you are pregnant, think you may be pregnant, or breastfeeding – please contact our office (see page 6).

Please read and follow our instructions carefully

- Stop taking any iron tablets, ferrous sulphate or vitamin tablets containing iron 7 days before your procedure.
- Fibre supplements (e.g., Fybogel) and anti-diarrhoea medication (e.g., loperamide, Imodium) must be stopped prior to the procedure.
- On the day you start to take the sachets of Plenvu, do not take your diuretics (water tablets) as you may become dehydrated.
- You are advised not to take your medicines within one hour before or after taking your preparations as it may affect its absorption.
- On the day of your colonoscopy, do not take any medication unless advised otherwise by the specialist screening practitioner.
- If you are taking any blood thinning medication (Warfarin, Clopidogrel, Apixaban, Rivaroxaban, or any other medicine to thin your blood), please follow the specific instructions in your letter.
- If you are taking an oral contraception pill, you should take alternative precautions following the procedure.
- If you have diabetes, you should have a morning appointment.

Patients with diabetes, please follow the instructions below:

- **Tablet controlled** - Do not take the morning dose but bring your tablets with you to take after your procedure.
- **Insulin controlled or taking any other medication for your diabetes** - It is important that you contact your diabetic nurse or practice nurse to help you to manage your medication.

This next section is extremely important and contains instructions for when you should start taking the bowel preparation.

On the next page you will see two grids:

- Page 3 is for patients attending a morning appointment.
- Page 4 is for patients attending an afternoon appointment.

Please be clear of your appointment time so that the correct grid is followed. If you are concerned about which grid to follow, please ring the **Bowel Cancer Screening Office** for advice on **01438 285770**.

Follow this page if your appointment/procedure is in the morning

Appointment Day (AM)	7 Days before procedure	2 Days before procedure	Day before procedure	Procedure Day
Monday	Monday	Saturday	Sunday	Monday
Tuesday	Tuesday	Sunday	Monday	Tuesday
Wednesday	Wednesday	Monday	Tuesday	Wednesday
Thursday	Thursday	Tuesday	Wednesday	Thursday
Friday	Friday	Wednesday	Thursday	Friday
Saturday	Saturday	Thursday	Friday	Saturday
Sunday	Sunday	Friday	Saturday	Sunday
	<p>Stop taking any iron tablets or vitamin tablets containing iron until after your procedure.</p>	<p>Take <u>a low residue</u> diet today.</p> <p>See additional advice about low residue diet on page 5.</p>	<p><u>Low residue</u> breakfast.</p> <p>No solid food after breakfast.</p> <p><u>Clear fluids</u> may be drunk freely.</p> <p>6pm: Prepare Dose 1 (1 sachet of Plenvu as per leaflet). Sip the Plenvu slowly over 60 minutes.</p> <p>9pm: Prepare Dose 2 of Plenvu (sachets A and B). Sip it slowly over 60 minutes.</p> <p>Drink an additional 500ml of water or clear fluids with <u>EACH</u> 500mls of Plenvu.</p>	<p>No Food.</p> <p>Continue to drink <u>clear fluids</u>.</p>

Follow this page if your appointment/procedure is in the afternoon

Appointment Day (PM)	7 Days Before procedure	2 Days Before procedure	Day Before procedure	Procedure Day
Monday	Monday	Saturday	Sunday	Monday
Tuesday	Tuesday	Sunday	Monday	Tuesday
Wednesday	Wednesday	Monday	Tuesday	Wednesday
Thursday	Thursday	Tuesday	Wednesday	Thursday
Friday	Friday	Wednesday	Thursday	Friday
Saturday	Saturday	Thursday	Friday	Saturday
Sunday	Sunday	Friday	Saturday	Sunday
	<p>Stop taking any iron tablets or vitamin tablets containing iron until after your procedure</p>	<p>Take <u>a low residue</u> diet today.</p> <p>See additional advice about low residue diet on page 5.</p>	<p><u>Low residue</u> breakfast and lunch.</p> <p>No solid food after lunch.</p> <p><u>Clear fluids</u> may be drunk freely.</p> <p>6pm:</p> <p>Prepare Dose 1 (1 sachet of Plenvu as per leaflet). Sip the Plenvu slowly over 60 minutes.</p> <p>Drink an additional 500ml of water or clear fluids with <u>EACH</u> 500mls of Plenvu.</p>	<p>No Food.</p> <p>6 am: Prepare dose 2 of Plenvu (sachets A and B). Sip it slowly over 60 minutes.</p> <p>Drink a further 500ml of water.</p> <p>Allow 2 hours for Plenvu to work after finishing your second dose, before leaving for your appointment.</p> <p>Continue to drink <u>clear fluids</u>.</p>

If you are unsure about anything, please contact us.

Your procedure could be cancelled if you have not followed the instructions properly.

Low Residue Diet - Some suggestions for meals

Breakfast

- Low fibre cereals such as cornflakes, rice krispies with milk. Natural plain yogurt. Pancakes, waffles.
- Seedless white bread or toast with butter or low fat spread, jam without seeds and rindless marmalade. Fillings of cheese, tuna, ham, mayonnaise, seedless mustard, smooth peanut butter.
- Boiled egg on white toast.

Lunch

- White pitta bread, naan bread, chapati, poppadums, crumpets.
- Soft well-cooked carrot. Tomato juice/puree/passata.
- Eggs, egg and bacon quiche.
- Clear soup.
- Tofu.

Dinner

- Plain white pasta, noodles.
- Chicken or any grilled meat, fish, Quorn.
- White rice.
- Mashed, boiled or roast potatoes (do not eat the skin).

Do not eat:

- Wholemeal bread, cakes and biscuits, wholemeal flour (in cooking).
- Wholemeal pasta, high fibre white breads.
- High fibre cereal, e.g. Wheatbran, Allbran.
- Wheatgerm, muesli, oatmeal and Weetabix.
- Pulses, fruit, e.g. figs, prunes, dates, blackberries, grapes, pears and tomatoes.
- Vegetables, e.g. broad beans, peas, butter beans, baked beans, brussel sprouts, celery and skin of the potato.
- Dried fruit and nuts, e.g. sesame seeds, sunflower seeds, almonds, hazelnuts, peanuts and brazil nuts.
- Jams and marmalade containing seeds and peel.

Please drink plenty of clear fluids as required until your procedure:

Clear fluids are:

- Clear fruit juice/cordials (except red or purple coloured juices).
- Fruit squash.
- Black tea or coffee.
- Clear soup.
- Bovril, Oxo.
- Fizzy drinks (i.e. lemonade, cola, Lucozade).

Additional information

To view the Lister and New QEII site maps for navigating your way around our hospitals, please visit our Trust website - www.enherts-tr.nhs.uk

Useful contact details

East and North Hertfordshire NHS Trust:

- Website www.enherts-tr.nhs.uk
- Telephone 01438 314333

Bowel Cancer Screening Office (BCSP):

- Telephone 01438 285770
- Email: bowelscreening.enh-tr@nhs.net

Anticoagulation Clinic

- Lister: Telephone 01438 285335
- New QEII: Telephone 01707 224032

Diabetic Specialist Nurses

- Telephone 01438 284560
- Telephone 01438 284645
- Telephone 01438 284615

This is not an emergency service. Messages left on the answerphone may not be answered for 24-48hrs.

Leaflet information

You can request this information in a different format or another language; please speak to your doctor or nurse.

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