

Instructions for use

Please read this PLENVU® information leaflet carefully.



Dear patient,

your doctor has prescribed you bowel cleansing with PLENVU® for your upcoming examination. Please follow these instructions for the preparation to proceed as well as possible.

What is PLENVU®?

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

Watery stools are therefore the desired effect. Efficient bowel cleansing with PLENVU® provides your doctor with an unobstructed view, thus creating the best conditions for a successful colonoscopy.

For you, this means a better and more accurate diagnosis.

Diet before bowel cleansing

Recommendations for the right diet

• 3 – 5 days before the examination**:

Not recommended: foods with seeds (e.g. kiwi, tomatoes, grapes, whole grain bread).

• 1 day before the examination:

Be sure to follow your doctor's dietary instructions. General recommendations: The day before the examination, you may have a light breakfast and a light lunch, for example smooth soup, natural yoghurt, mashed potatoes, white pasta or fish. The light lunch must be completed no later than 3 hours before taking the first dose.

• Possible clear liquids are:

Please drink at least one additional liter of clear liquid during bowel preparation. Drinks such as water, clear soups, clear juices (without pulp), lemonades or light tea (e.g. chamomile tea, without milk) can be consumed at least two hours before the examination.

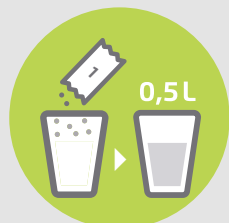
Preparation of PLENVU®

Contents of pack



One pack of PLENVU® contains 3 sachets: one sachet for Dose 1 and two sachets for Dose 2 (sachets A + B).
Flavor of Dose 1: Mango flavor.
Flavor of dose 2: Fruit punch flavor

Preparation of Dose 1



Pour the contents of Dose 1 into a vessel. Fill up to 0.5 L with water.



additionally
min. 0.5 L
clear liquid*

Stir until the powder has dissolved. This may take up to about 8 minutes.

Preparation of Dose 2



Pour the contents of Dose 2 sachet A and Dose 2 sachet B into a vessel. Fill up to 0.5 L with water.



additionally
min. 0.5 L
clear liquid*

Stir until the powder has dissolved. This may take up to about 8 minutes.



* Drink at least 0.5 L of additional clear liquid per dose of the preparation solution.

** Please follow your doctor's instructions for starting the diet (e.g. 5 days before the examination). The official recommendation² is to start the diet no later than 3 days before the examination.

1. Bisschops, R. et al. Endoscopy. 2019; 51(1): 60–72.

2. Walter B, et al. Clin Gastroenterol Hepatol. 2021 Feb; 19(2):331–338.

Taking PLENVU®

Advice and notes on taking it

These notes apply in the same way to Dose 1 and Dose 2.

1. Stir PLENVU® until the powder has dissolved. This may take up to **about 8 minutes**.
 2. Drink PLENVU® preferably chilled, with a drinking straw or from a drinking bottle (e.g. cycling bottle) if you like.
 3. Drink PLENVU® **slowly in small sips**.
 4. Drinking PLENVU® is easier **if you dilute it with or take regular sips of a clear liquid** such as clear apple juice or water.
 5. **You should take at least one hour to drink** PLENVU® and the added clear liquid (**at least 0.5 L per dose**).
 6. **Before** taking dose 2, it is recommended to drink additional liquid such as warm clear tea (e.g. lemon verbena, ginger or lemon tea) or clear apple juice.
 7. **At least 2 hours should elapse after you take the 2nd dose for complete bowel cleansing to be achieved.**
 8. The bowel cleansing was successful if the last bowel movements consisted only of clear yellowish liquid (similar appearance to chamomile tea).
- The intake of any liquid should be completed no later than **2 hours before the examination**.



Important information

- Medication (e.g. heart pills, blood thinners, diabetes medication or contraceptives) may be flushed out and may not work as they usually do. Therefore, talk to your doctor first.
- If you are given a sedative on the day of the examination, you may not drive a vehicle. In that case, please arrange for someone to pick you up and ask your doctor if you need someone to watch over you at home.
- Always stay within reach of a toilet during bowel preparation.

Your examination date/time:

Practice stamp:



For further information:



Click here for
our website
www.PLENVU.de



Click here for the
PLENVU® App



Click here for the
PLENVU® preparation video

A service from



PLENVU®, Pulver zur Herstellung einer Lösung zum Einnehmen

Zusammensetzung: Dosis 1: Macrogol 3350 100 g, Natriumsulfat 9 g, Natriumchlorid 2 g, Kaliumchlorid 1 g; Dosis 2: Beutel A enthält: Macrogol 3350 40 g, Natriumchlorid 3,2 g, Kaliumchlorid 1,2 g; Beutel B enthält: Ascorbinsäure 7,54 g, Natriumascorbat 48,11 g. **Sonstige Bestandteile:** Sucralose (E955), Aspartam (E951), Citronensäure (E330) und Maltodextrin (E1400); Mango-Aroma enthält Glycerol (E422), Aromazubereitungen, Arabisches Gummi (E414), Maltodextrin (E1400) und naturidentische Aromastoffe. **Anwendungsgebiete:** Zur Darmvorbereitung vor klinischen Maßnahmen, die einen sauberen Darm erfordern. Zu Risiken und Nebenwirkungen lesen Sie die Packungsbeilage und fragen Sie Ihren Arzt oder Apotheker. Stand 03/2021

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