PLENVU®

# Instructions for use

Reduced drinking volume
with superior efficacy[1,2,*]

## 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 days before the examination:**
  Not recommended: foods with seeds (e.g. kiwi, tomatoes, grapes, whole grain bread).
- **1 day before the examination:**
  Recommended: on the day before the examination, you can have a light breakfast and a light lunch. You must finish the light lunch at least 3 hours before you take 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.

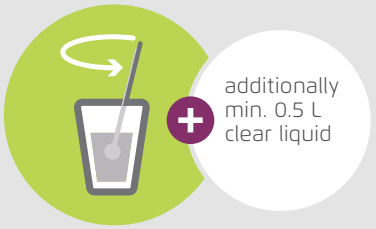
## Preparation of PLENVU®

### 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.

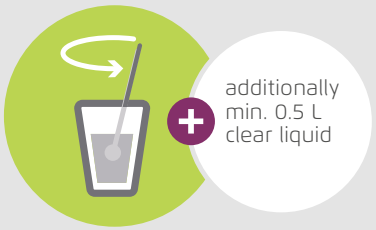


additionally min. 0.5 L clear liquid

Stir until the powder has almost dissolved. This process can 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 almost dissolved. This process can take up to about 8 minutes.

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# 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 almost dissolved. This process can 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® can be easier if you mix it with a clear liquid (e.g. clear apple juice or water) **or alternate it with in small sips** of the clear liquid.
5. The drinking of PLENVU® and the additional clear liquid **(at least 0.5 L) should take at least 1 hour.**
6. A warm tea (not colored, e.g. lemon balm, ginger or lemon tea) or a clear apple juice is recommended as an additional liquid before you take Dose 2.
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).

**Dose 1**

Time

**Dose 2** (sachets A+B)

Time

In addition, you need to drink at least 2 x 0.5 L more clear liquid, which you may choose freely.

# 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.

**Your examination date/time:**

**Practice stamp:**

Please note the information for patients.

**This is the link to our website**
www.PLENVU.de

* Superior effectiveness compared with MOVIPREP®
1. Prescribing information for PLENVU® (last revised in October 2019).
2. Bisschops, R. et al. Endoscopy. 2019; 51(1): 60 – 72

**PLENVU®, powder for oral solution**
**Composition:** Dose 1: macrogol 3350 100 g, sodium sulfate 9 g, sodium chloride 2 g, potassium chloride 1 g; excipients: sucralose (E955), mango flavor. Dose 2: Sachet A contains: macrogol 3350 40 g, sodium chloride 3.2 g, potassium chloride 1.2 g; excipients: aspartame (E951), fruit punch flavor VA93402. Sachet B contains: ascorbic acid 7.54 g, sodium ascorbate 48.11 g. **Indications:** For bowel preparation before clinical procedures that require a clean bowel. For find out about risks and side effects, read the information leaflet and ask your doctor or pharmacist. Last updated 11/2018

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More information is available at www.plenvu.de

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