



**Gastroenterologie**

**Allgemeine Innere Medizin**

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## Bowel Preparation before Colonoscopy with Plenvu®

The goal of the bowel cleansing is to prepare your bowel for your upcoming examination. Efficient bowel cleansing creates an unobstructed view for your doctor, creating the best conditions for a successful colonoscopy. Watery stools are therefore the desired effect. For you, this means a more reliable diagnosis.

The instructions include how to change your diet and what medications are necessary to ensure that your bowel is clean at the time of endoscopy.

### Instructions:

3 days prior to endoscopy:

- Avoid fruit and vegetables with skins or pips (Tomato, grapes, melon, corn etc.) and whole-wheat bread.
- Eat rice, pasta, peeled potatoes, white bread, honey, cheese, meat, eggs

Do not fast prior to bowel preparation. After the first portion of Plenvu® you must not eat anymore until after the examination.

### No Drug/Medication on examination day

Do not take any drugs on examination day. Inhalers may be used. If you are diabetic or are taking medications to avoid blood clotting (blood thinner): please ask us or your family doctor for advice.

### Preparation and taking of Plenvu®

- **Dose 1:** Fill a container with the contents of Sachet 1. Add 5 dl of water, stir until the liquid is almost clear (this may take a few minutes). Slowly drink the prepared PLENVU® dose within 30 minutes. Drink at least 0.5 L clear liquid in the 30 minutes after taking PLENVU®.
- **Dose 2:** Fill a container with the contents of Sachet A and B. Add 5 dl of water, stir until the liquid is almost clear (this may take a few minutes). Slowly drink the prepared PLENVU® dose within 30 minutes. Drink at least 0.5 L clear liquid in the 30 minutes after taking PLENVU®.
- **Important:** The intake of any fluid should be completed no later than 3 hours prior to the examination. Possible clear liquids are: water, clear soups, clear juices (without pulp), soft drinks, tea or coffee (without milk). Stay within easy reach of an unoccupied toilet while taking the preparation.

### Splitting of doses according to the time of your examination

Splitting	Exam btw. 08.00 – 09.10	Exam btw. 09.20 – 11.10	Exam btw. 11.20 – 13.40	Exam btw. 13.50 – 16.30
<b>Dose 1</b>	Evening before exam 19.00 – 20.00	Evening before exam 19.00 – 20.00	Evening before exam 19.00 – 20.00	Day of exam 07.00 – 08.00
<b>Dose 2</b>	Day of exam 04.00 – 05.00	Day of exam 05.20 – 06.20	Day of exam 07.20 – 08.20	Day of exam 09.50 – 10.50

If you have any questions, please call us at 061 206 86 86