



Bòrd SSN nan Eilean Siar
NHS Western Isles

Day Surgery

Colonoscopy instructions for taking Plenvu



To get the best results from your examination it is important to have your bowel as empty as possible, and we recommend that you follow a low residue diet **3 days** before your procedure.

Low residue diet

Low Residue Foods

Fats - butter or margarine, used
Eggs - boiled or poached
Cereal - Rice Crispies or Cornflakes
Cheese - cream cheese or cottage
Potatoes - (no skin) boiled, mashed or baked
Pasta - plain macaroni, spaghetti or
Rice - plain or boiled white rice
Meat/Fish - minced or well cooked lean beef, lamb, ham, veal, pork, poultry, fish or shellfish
Gravy - using stock cubes and flour/
Bread - white bread/toast
Sugar/Sweetener - white or brown
Desserts - **clear** jelly (homemade, no red)
Ready made custard

Low Residue Drinks

Water
Energy drinks
Soda water
Fizzy drinks
Tea/Coffee - **black** (no milk)
Squashes
Strained fruit juice
Clear soup or drinks made from stock/meat extract cubes
Herbal/fruit tea
Plain juices - apple, white grape, white cranberry and sports drinks

Foods to avoid

Do not take fruit, vegetables, brown bread, biscuits, cakes, fried food, milk or hard cheese.

The day before your procedure

The day before your procedure you **SHOULD NOT** eat any solid foods in the **3 hours before** taking your first sachet of Plenvu.

How to take Plenvu

You should follow the '**Day before dosing schedule**' in the Plenvu package leaflet unless otherwise advised.

Dose 1 and dose 2 are taken in the evening the day before the procedure. The second dose should be taken a minimum of 2 hours after the start of the first dose.

Follow the mixing instructions on the packets.

Drink dose 1 plus an additional 500ml of clear fluid over a period of 60 minutes. Clear fluids include water, clear soup, diluted cordials/clear fruit juice (no pulp), black tea and black coffee.

Drink dose 2 plus an additional 500ml of clear fluid over a period of 60 minutes. Clear fluids include water, clear soup, diluted cordials/clear fruit juice (no pulp), black tea and black coffee.

Additional clear fluid may be drunk throughout the bowel preparation process (before, during and after you take Plenvu), but do not eat or drink anything for 6 hours before your procedure.

What you should expect to happen

When you start drinking Plenvu solution, it is **very important** that you stay close to a toilet.

At some point you will start to experience continued watery bowel movements.

This is quite normal and indicates that the Plenvu solution is working.

Further Information

If you have any queries about your procedure please contact the Day Surgery Unit, Western Isles Hospital, tel. (01851) 704704 ext. 2424 between 8am-5pm.

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website feedback section at: www.wihb.scot.nhs.uk or share your story at: www.careopinion.org.uk or tel. 0800 122 31 35
- tel. 01851 704704 ext. 2236 Monday-Friday between 10am - 4pm (answerphone available).

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