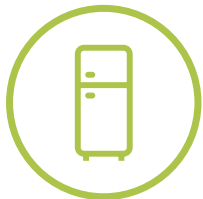


Hints & Tips when taking Plenvu®

Provided for patients who have been prescribed Plenvu® prior to their procedure



Once dissolved, (this may take up to 8 minutes) the solution can be covered and refrigerated



Sip very slowly over 60 minutes. Drink a minimum 500ml of clear fluids with each dose



Try using a straw



Alternating between the **Plenvu®** solution and clear fluid is acceptable



Stay hydrated with plenty of clear fluids

To watch the patient video and for more advice on taking Plenvu® please visit:

www.bowelcleansingmatters.co.uk



Reporting of side effects: If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <http://www.mhra.gov.uk/yellowcard>
By reporting side effects, you can help provide more information on the safety of this medicine.



Water or diluted cordials
(NOT blackcurrant)



Clear soup

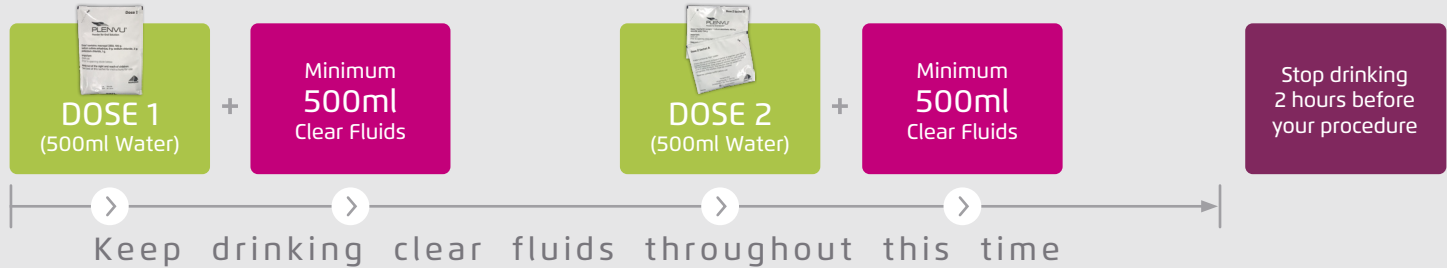
Stay hydrated with clear fluids



Clear fruit juice
(without pulp)



Tea / Coffee
(without milk)



Fluids can be taken throughout the day up until 2 hours before your procedure.

It is essential to drink the minimum additional 500ml of clear fluids e.g. water, clear soup, diluted cordials (not blackcurrant), black tea / coffee (without milk) with each dose.

Alternating between the **Plenvu**[®] solution and clear fluid is acceptable.

This bowel preparation does not replace normal fluid intake, so continue to drink clear fluids to keep hydrated.

Please remember that you should not eat any food while taking your bowel preparation and until after your procedure.

For full details please refer to the patient information leaflet (PIL) supplied with the product.