

Watch our video to prepare for your examination!



# PREPARATION FOR COLONOSCOPY WITH PLENVU®



**name:** ..... **day of examination:** .....

Please be at our practice **10 minutes before** your appointment!

Dear patient,

Colonoscopy is an examination method in which the intestinal mucosa is examined. In order to be able to detect even the finest changes here, the intestine must be very clean. This requires your careful preparation. Efficient bowel cleansing with PLENVU® gives us a clear view during the examination and thus the best conditions for a successful colonoscopy without complications. PLENVU® is a powder for cleansing of the colon in preparation for colonoscopy. Dissolved in water and drunk, it rinses your bowel clean. Clear, bright yellow stools are therefore the desired effect.

## RULES FOR PROPER NUTRITION DURING PREPARATION

### 3 days before the examination

- No seeds, no grains. Please refrain from eating grain bread, muesli and fruits or vegetables containing seeds (e.g. kiwis, tomatoes, grapes).

### 1 day before the examination

- On the day before the examination, you can have a light breakfast (roll or toast, no muesli) followed by a light lunch (e.g. clear soups, mashed potatoes)

**Afterwards, please do not eat any solid food until the examination.**

- Drink at least 2 litres of clear liquid throughout the day (still water, clear soups, clear juices, herbal or fruit tea with sugar/honey).
- Please drink carbonated drinks as well as coffee and black tea (without milk) only in moderation.

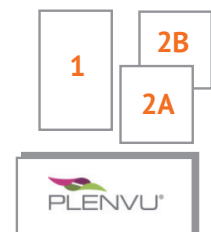
## PREPARATION AND ADMINISTRATION OF PLENVU®

Please follow the instructions below and **NOT** the package insert.

Package contents: One package of PLENVU® contains 2 doses each:  
one sachet dose 1 and two sachets dose 2 (sachets A + B).

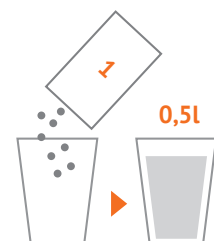
**On the day before the examination:** ..... **Time:** 5:00 p.m.

**On the day of the examination:** ..... **Time:** .....

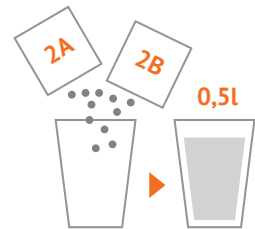


### Preparation and ingestion of dose 1

Pour the contents of dose 1 into a vessel. Add 0.5l of water. Stir until the liquid is almost clear (this may take a few minutes). Drink the prepared dose of PLENVU® slowly within 30 minutes (every 10-15 minutes). In the 30 minutes after taking PLENVU®, drink at least 0.5l of clear liquid, preferably more (still water, herbal or fruit tea, clear juices) and then take the 1st chewable tablet /soft capsule (eliminates possible foaming in the intestine).



- On the day of the examination:** ..... **Time:** .....  
(4 hours before your appointment)
- On the day before the examination:** ..... **Time:** .....



## Preparation and ingestion of dose 2

Pour the contents of dose 2 (bags A + B) into a vessel. Add 0.5l of water. Stir until the liquid is almost clear (this may take a few minutes).

Drink the prepared dose of PLENVU® slowly within about 60 minutes. Unfortunately, the second dose is much less appetising than dose 1, so it is usually more difficult to drink. Drink slowly in small sips. In the 30 minutes after taking PLENVU®, drink at least 0.5l of clear liquid, preferably more (still water, herbal or fruit tea, clear juices) and then take the 2nd chewable tablet/soft capsule.

**Please do not consume any further liquids 2 hours before the examination.**

## TIPS FOR PREPARATION

- You can mix the laxative 1 hour before and put it in the fridge, it is easier to drink when cool. Please stir again just before drinking.
- Drinking with a straw may make it easier to take.
- If you feel nauseous, wait with the laxative and drink something else in between (clear liquids).
- Active movement (e.g. walking up and down the flat) helps with the laxative process.
- Dextrose can be taken during the laxative process if needed.

## IMPORTANT NOTES

- **INSULIN PATIENTS** should consult their family doctor or us regarding the insulin dose.
- **MIGRAINE MEDICATION** can still be taken. Exception: **Only take ASPIRIN / ASS after consulting our doctors.**
- If you are **TAKING THE CONTRACEPTIVE PILL**, the laxative may cause the hormone pill to become insufficiently effective.
- Please **DO NOT WEAR JEWELLERY** or **GEL NAILS** during the examination.
- **PLEASE BRING** a T-shirt, underwear, socks and a thin blanket or large towel with you to the examination.
- After the examination you may eat and drink as usual. You are therefore welcome to bring a drink directly to the practice.

**PICK-UP PERSON NEEDED** Time: .....

Usually, we perform the colonoscopy with sedation (sleeping injection). **Please make sure you have someone to accompany you on the way home**, as you will not be allowed to actively participate in road traffic (e.g. bicycle or car) for 12 hours after sedation. You will also need a companion for transport by taxi. **Your accompanying person can be at the practice 1 ½ hours after your appointment** and must collect you from us in person.

Please notify us **at least 48 hours before** your scheduled appointment if you are unable to attend your colonoscopy: **Tel. 030-544 491 100** or **email [praxis@gastroenterologie-friedrichshain.de](mailto:praxis@gastroenterologie-friedrichshain.de)**. If appointments are not cancelled or are cancelled at too short notice, we reserve the right to charge a cancellation fee. Our practice team will be happy to answer any further questions you may have!

For more information about your colonoscopy, please also see our website:

[www.gastroenterologie-friedrichshain.de](http://www.gastroenterologie-friedrichshain.de)