

Colonoscopy preparation with Plenvu®

4 days prior to endoscopy

Avoid fruits and vegetables with skins or pips (Tomato, grapes, melon, corn, kiwi, Birechermuesli, figs, marmalade, nuts etc.) and whole-wheat bread. No mushrooms, no leek. Eat rice, pasta, peeled potatoes, white bread, honey, cheese, meat, eggs, and fish.

The day before the examination

Until noon, you may eat light foods such as white bread, margarine, cheese, honey, yogurt without fruit, chicken, fish, mashed potatoes, rice or pasta (not whole grain), banana, tofu, and toast, and drink clear liquids (water, clear soup, fruit juices without pulp, soft drinks, tea/coffee).

From 2 p.m. onwards, do not consume any solid food, but drink plenty of fluids. It is not necessary or advisable to fast on the day before 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 intake of Plenvu® on the day before the examination

- **At 18:00**, drink a cup of warm tea and then take Plenvu® Dose 1.
- Empty the contents of **Dose 1** into a container. Add 0.5 liters of water.
- Stir until the liquid is almost clear (this may take up to 8 minutes).
- Drink the **Plenvu®** in small sips over at least **30–60 minutes** (drinking too quickly may cause nausea).
- Afterwards, **within 30 minutes, drink an additional 500 ml of clear liquid** (e.g., water, clear soup, soft drinks, etc.). After that, you may continue to drink clear fluids as needed.

On the day of the examination

- **Do not take any pills** on the day of the examination. If you take blood thinners or medication for high blood sugar, please discuss this with us or your general practitioner. If you use inhalers (e.g., for asthma or COPD), continue to use them as usual.
- Before taking **Plenvu®**, drink a cup of warm tea.
- Empty the contents of Dose 2 (sachets A + B) into a container. Add 0.5 liters of water (see timetable below for the exact time).
- Take it in the same way as on the previous day.
- **Stop drinking any liquids at least 2 hours before the examination.**

Splitting of doses according to the time of your examination

Splitting	Exam between 8:00–9:10	Exam between 9:20–11:10	Exam between 11:20–13:40	Exam between 13:50–16:45
Dose 1	Evening before exam 18:00–19:00	Evening before exam 18:00–19:00	Evening before exam 18:00–19:00	Evening before exam 19:00–20:00
Dose 2	Day of exam 4:00–5:00	Day of exam 5:20–6:20	Day of exam 6:30–7:20	Day of exam 9:00–10:00

Important

- After taking the first dose, diarrhea usually begins within 1–3 hours and lasts for 2–6 hours. During and after taking Plenvu®, keep moving around (do not lie down).
- If, after taking the first dose in the evening, no bowel movement occurs within 3–4 hours, take the second dose the same evening.
- To prevent irritation of the anus, apply a greasy or zinc-containing ointment.
- **1–2 hours before the examination, your stool should no longer be brown but a yellow-colored liquid (like “chamomile tea”). There should be no solid stool remaining (small flakes are not a problem). If this is not the case, please contact us as soon as possible.**
- Blood-thinning medications (except aspirin) usually need to be stopped several days before the colonoscopy. Please discuss this with your doctor well in advance (at least 10 days before the planned examination).
- Medications should be taken either 3 hours before the first dose of Plenvu® or after the examination.
- After the examination (with sedation), **you must not drive for 12 hours.**

