



Phoenix
Health
Solutions

PATIENT INFORMATION

BOWEL PREPARATION WITH PLENVU



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THE DAY BEFORE YOUR APPOINTMENT

APPOINTMENTS BEFORE 2PM –

Have a low fibre lunch by 1pm, **do not eat** after this time.

5pm – Empty dose 1 sachet into a 500ml of water, stir until dissolved and sip very slowly over 60 minutes, drink plenty of water whilst taking solution.

9pm – Empty dose 2 sachets (A&B) into a 500ml, stir until dissolved and sip very slowly over 60 minutes, drink plenty of water whilst taking solution.

THE DAY BEFORE YOUR APPOINTMENT

APPOINTMENTS AFTER 2PM – Have a low fibre lunch by 3pm, **do not eat** after this time.

7pm – Empty dose 1 sachet into a 500ml of water, stir until dissolved and sip very slowly over 60 minutes, drink plenty of water whilst taking solution.

6AM - THE MORNING OF PROCEDURE – Empty dose 2 sachet (A&B) into 500ml of water, stir until dissolved and sip very slowly over 60 minutes, drink plenty of water whilst taking solution.

INFORMATION ON FLUID INTAKE

It is very important that you drink lots of clear fluids especially whilst taking the bowel preparation and throughout the day and evening, ideally at least a cupful every 30 minutes. This will help the bowel preparation to work more effectively and will prevent you from becoming dehydrated.

The day of the examination:

You may have as much clear liquid as you like up to 2 hours before your examination. **DO NOT DRINK ANYTHING AFTER THIS TIME.**