Royal Cornwall Hospitals
NHS Trust

Plenvu® bowel preparation

Before your colonoscopy or flexible sigmoidoscopy

Bowel Cancer Screening Programme

Outstanding Care for **One+All**

About this leaflet

You have been given Plenvu® to empty your bowel before your colonoscopy or flexible sigmoidoscopy. This allows a complete investigation.

Your bowel must be completely empty so the doctor can see clearly.

Please follow the instructions in this leaflet carefully.

Do not follow the enclosed manufacturer's instructions.

7 days before your test:

Stop taking the following medication:

- Imodium® (loperamide)
- Codeine Phosphate
- Iron Tablets or multivitamins that contain iron
- Fybogel® (ispaghula husk)

Continue taking:

- All other medications (such as heart tablets and blood pressure tablets) should be continued as normal, including on the day of your test.
- Any laxatives you already take.

If you are on blood thinning medication

If you are taking medication to thin your blood such as Warfarin or Clopidogrel, your specialist should have given you clear instructions. If you have not been advised, please call the number on your appointment letter.

If you take Warfarin, please make an appointment at your GP surgery to have an INR test within 3 days before your procedure. Your procedure may be cancelled if we do not have an up-to-date INR result.

If you are diabetic

Please follow the guidance in the 'Your endoscopic procedure – information for people with diabetes' leaflet provided with your appointment.

Three days before your test:

- Start the low fibre diet
- Follow the diet sheet below carefully
- **Do not eat any nuts or seeds.**

Low fibre diet for colonoscopy

Food type	Choose	Do not eat
Bread, cereal and nuts	Cornflakes, Rice Krispies, Ricicles, Sugar Puffs, Coco pops	Wheat bran, All Bran, Weetabix, Shredded Wheat, oat bran, bran flakes, wheat flakes, muesli, Ready Brek, porridge
	White bread, English muffins, plain scones, bagels, pancakes, white pitta bread, plain naan bread, crumpets	Wholemeal, high fibre, soft grain, granary, seeded, oat bread, fruit muffins or scones, pastries with fruit or dried fruit
	White pasta, white rice, noodles e.g. macaroni cheese	Wholemeal pasta, wholemeal rice, couscous, semolina, polenta
	White flour	Wholemeal, granary, wheat germ flour, gram flour, quinoa, pearl barley, oatmeal, wholemeal noodles
	Rich tea, ginger nuts or Nice biscuits Plain crackers such as cream crackers	Nuts, seed, popcorn, digestive or hobnob biscuits, flapjacks, nut biscuits, biscuits or cakes made using oats, dried fruit or dried coconut Ryvita, whole wheat crispbread Whole nuts, seeds

Low fibre diet for colonoscopy

Food type	Choose	Do not eat
Fruit	Stewed apple without skin Tinned fruit without skin Smooth coconut milk **(max 2 portions per day)**	All fruits, including dried fruit Smoothies
Vegetables	Potatoes (no skins), chips with skin removed (small amount), crisps and roast potatoes with no skins Sieved tomato sauces including passata and tomato puree **(max 2 portions per day)**	Potato with skin All pulses including baked beans, butter beans, kidney beans, peas, lentils, sweetcorn, spinach
Dessert	Custard, ice cream, milk puddings including rice puddings, chocolate/cream desserts mousse, plain sponge cakes	Ice cream containing fruit and nuts, cakes, puddings and pies containing wholemeal flour dried fruit, nuts, dried coconut All jelly
Milk products	Milk (all types), cream, sour cream, crème fraiche, fromage frais, smooth yoghurt, cheese	Any milk products containing fruits, nuts, seeds or cereals

Low fibre diet for colonoscopy

Food type	Choose	Do not eat
Meat and meat alternatives	Chicken, turkey, fish, cheese and eggs Tofu	All red meats Quorn and soya beans
Drinks	Milk, water, all flavours of squash, tea, coffee, herbal tea	Fruit and vegetable juices with pulp, prune juice, energy drinks
Miscellaneous	Sugar, honey, marmalade (no bits), syrup, lemon curd, Bovril, marmite, vegemite Salt, pepper, vinegar, mustard, gelatine, salad cream, mayonnaise, tomato sauce, soy sauce, garlic (including garlic oil/ butter) Dried herbs/ spices in moderation Soup – clear, sieved soup (with no bits) Boiled sweets, caramel, marshmallows, plain/milk/ white chocolate Plain crisps	All jelly, peanut butter Hummus, coleslaw, popcorn, corn chips Wholegrain mustard, pickles, relish Soup with pieces, like minestrone Chocolate with dried fruit, nuts, seeds, coconut

Plenvu® Morning Procedure

One day before the test:

Have a light breakfast before **9am** and then **stop eating solid food until after your procedure.**

From **09:00 (9am)** take plenty of clear fluids.

You CAN drink:

- Water
- Black tea or coffee
- Coca Cola®
- Lemonade
- Soda water
- Herbal teas
- Consommé
- Squash
- Lucozade®
- Yeast or beef extract drinks such as Bovril® and Oxo®
- Hot honey and lemon.

Do NOT drink: Anything containing milk

Clear sweets

You can have sugar-based sweets such as Foxes® glacier fruits, mints, Polos® and dextrose tablets. **Do not** have blackcurrant or raspberry sweets.

At 18:00 (6pm) – Plenvu® Dose 1

1. Mix **Dose 1** in **500 ml of water.**
2. Stir until fully dissolved.
3. Drink this over **1 hour** until it is all gone.
4. Then drink **at least 1000 ml (1 litre)** of clear fluids.
5. You can alternate Plenvu® with clear drinks if you prefer.

On the day of your procedure:

At 05:00 (5am) – Plenvu® Dose 2

1. Mix **Dose 2 (sachets A and B)** in **500 ml of water.**
2. Drink over **1 hour** until it is all gone.
3. Drink **at least 1000 ml** of clear fluids afterwards.
4. Alternating the drink with clear fluids is fine.

Remember

It is important to continue to drink plenty of clear fluids when fasting to avoid dehydration. You can continue to take clear fluids until **2 hours before** your appointment time.

Plenvu® Afternoon Procedure

One day before the test:

Have a light lunch before **1pm** and then **stop eating solid food until after your procedure.**

From **13:00 (1pm)** take plenty of clear fluids.

You CAN drink:

- Water
- Black tea or coffee
- Coca Cola®
- Lemonade
- Soda water
- Herbal teas
- Consommé
- Squash
- Lucozade®
- Yeast or beef extract drinks such as Bovril® and Oxo®
- Hot honey and lemon.

Do NOT drink: Anything containing milk

Clear sweets

You can have any sugar-based sweets such as Foxes® glacier fruits, mints, Polos® and dextrose tablets. **Do not** have blackcurrant or raspberry sweets.

On the day of your procedure:

At 06:00 (6am) – Plenvu® Dose 1

1. Mix **Dose 1** in **500 ml of water.**
2. Stir until fully dissolved.
3. Drink this over **1 hour** until it is all gone.
4. Drink **at least 1000 ml (1 litre)** of clear fluids.
5. You can alternate Plenvu® with clear drinks if you prefer.

At 09:00 (9am) – Plenvu® Dose 2

1. Mix **Dose 2 (sachets A and B)** in **500 ml of water.**
2. Drink over **1 hour** until it is all gone.
3. Drink **at least 1000 ml** of clear fluids.
4. Alternating the Plenvu® with clear fluids is fine.

Remember

It is important to continue to drink plenty of clear fluids when fasting to avoid dehydration. You can continue to take clear fluids until **2 hours before** your appointment time.

What to expect

Caution

Plenvu® will make your bowels empty quickly. You will have frequent liquid bowel movements (diarrhoea). Stay close to a toilet – you may need to go urgently.

Applying a barrier cream such as Vaseline or Sudocrem to your bottom will help reduce any soreness the diarrhoea may cause.

If you have any problems

Common side effects of abdominal cramps, nausea and bloating can be reduced by drinking the Plenvu® more slowly.

Some intestinal cramping is normal. If you feel clammy, faint or vomit, please stop taking the Plenvu® and call us.

Specialist Screening Practitioners (8:00am to 6:30pm)

Telephone: 01872 252076

Out-of-hours call 111 for advice.

To get this information in a different format call 01872 252690

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Treliske, Truro, Cornwall, TR1 3LJ.
Switchboard: 01872 250000

For an online version of this leaflet please scan this QR code

Reference RCHT2208
Printed 07/2026
Version 1.0
Review due 07/2029

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Patient Information 2026

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