

WHEN ON CLEAR FLUIDS – the Allowed Liquids that are recommended are: water, black tea or coffee (NO milk or non-dairy creamer), clear soup/broth, soft drinks, sports drinks e.g. Gatorade, Powerade, cordial, strained fruit juice without pulp, clear apple juice, yellow or orange jelly (NO blackcurrant, red, purple, green or blue drinks or jelly), clear ice.

MORNING PROCEDURE

The day before your procedure you may have a light breakfast followed by a light lunch
(NO SKINS, SEEDS, NUTS OR GRAINS), then start clear fluids only.

ENSURE YOU DRINK A RANGE OF CLEAR FLUIDS DURING THE DAY BEFORE YOUR PROCEDURE.

NOTE: DO NOT take oral medication within 1 hour before the start of PLENVU®.

DOSE 1: Prepare Dose 1 (1 sachet) according to the leaflet in the PLENVU® box. Chill if desired.

At 6 PM (day before procedure) drink your first dose of PLENVU® slowly over 30 minutes.

Follow with 500 mL of clear fluids. Continue to drink clear fluids only.

DOSE 2: Prepare Dose 2 (2 sachets) according to the leaflet in the PLENVU® box. Chill if desired.

At 9 PM (day before procedure) drink your second dose of PLENVU® slowly over 30 minutes.

Follow with 500 mL of clear fluids.

You may continue drinking a range of clear fluids up until your **NIL BY MOUTH** time _____

Note: This product is designed to give you watery diarrhoea so stay close to a toilet. A protective cream or ointment (lanolin, Vaseline, Am-o-lin) may be applied to your anal area before the diarrhoea commences. If you are unsure of any aspects of the preparation or you are having an adverse reaction or any problems, ring the number you have been given.

AFTERNOON PROCEDURE

The day before your procedure, you may eat a light breakfast followed by a light lunch,
(NO SKINS, SEEDS, NUTS, OR GRAINS) and then
start clear fluids only.

ENSURE YOU DRINK CLEAR FLUIDS DURING THE DAY OF YOUR PROCEDURE

NOTE: DO NOT take oral medication within 1 hour before the start of PLENVU®.

DOSE 1: Prepare Dose 1 (1 sachet) according to the leaflet in the PLENVU® box. Chill if desired.

At 7 PM (day before procedure) drink your first dose of PLENVU® slowly over 30 minutes.

Follow with 500 mL of clear fluids only.

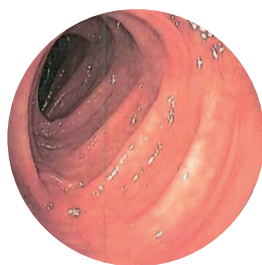
DOSE 2: Prepare Dose 2 (2 sachets) according to the leaflet in the PLENVU® box. Chill if desired.

At 6 AM day of procedure drink your second dose of PLENVU® slowly over 30 minutes.

Follow with 500 mL clear fluids.

You may continue drinking a range of clear fluids up until your **NIL BY MOUTH** time _____

Note: This product is designed to give you watery diarrhoea so stay close to a toilet. A protective cream or ointment (lanolin, Vaseline, Am-o-lin) may be applied to your anal area before the diarrhoea commences. If you are unsure of any aspects of the preparation or you are having an adverse reaction or any problems, ring the number you have been given.



Excellent Preparation



Poor Preparation