

# Useful tips when taking PLENVU®<sup>1</sup>

Please read along with the PLENVU® instructions provided by your Health Care Professional and the PLENVU® Consumer Medicine Information<sup>1</sup> provided in the PLENVU® pack



## PLENVU® Powder for Oral Solution

Macrogol 3350, Sodium Ascorbate, Sodium Sulfate, Ascorbic Acid, Sodium Chloride and Potassium Chloride



- Dissolve PLENVU® in water (not chilled).
- This may take up to approximately 8 minutes to dissolve completely and is best performed by placing the powder into a mixing cup or container first then add the water.



- DOSE 1 and DOSE 2 of dissolved PLENVU® can be made up at the same time, covered and stored in the fridge.<sup>1</sup>
- Do not keep these solutions for more than 24 hours.<sup>1</sup>



- Drink the 500 mL PLENVU® DOSE 1 solution slowly over 30 minutes at the time you were given.
- Drink the 500 mL PLENVU® DOSE 2 solution slowly over 30 minutes at the time you were given.



- Try using a straw to ensure you drink your PLENVU® doses slowly over 30 minutes.



- After you have drunk both DOSE 1 and DOSE 2, slowly over 30 minutes, drink an additional 500 mL of clear fluids.



- Stay well hydrated by consuming plenty of clear fluids.
- Clear fluids include water, clear soup, diluted cordials (no red or dark colours), clear fruit juice (without pulp), herbal tea, black tea or coffee (without milk).



- You will have lots of watery bowel movements, so stay near a toilet because you may need to use it urgently.
- If you are constipated, ask your doctor, nurse or pharmacist to recommend a laxative to use at least a few days before you are due to start PLENVU®.
- You may use a barrier cream (e.g. Vaseline®) around the anus to prevent a sore bottom.

#### Reference

1. PLENVU Consumer Medicine Information – leaflet provided in the PLENVU® pack. Accessible online from <https://www.norgine.com.au/our-products/plenvu>

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