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Appointment enquiries
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PLENVU | COLONOSCOPY PREPARATION

ALL OTHER ADMISSIONS

YOUR ADMISSION TIME

8:30 am onwards

Use the admission time in your booking confirmation. If your booking changes across 8:30 am, ask the clinic for the correct preparation sheet.

DOSE 1 | DAY BEFORE

8:00 pm

Evening before colonoscopy

DOSE 2 | PROCEDURE DAY

3½ hours

BEFORE ADMISSION

Start time (not finish time)

NIL BY MOUTH (NBM) - PROCEDURE DAY

2 hours before admission

Nothing to eat or drink, including water, after this time.

EXAMPLES - USE YOUR OWN BOOKED ADMISSION TIME

Admission	Start Dose 2	NBM
8:40 am	5:10 am	6:40 am
10:00 am	6:30 am	8:00 am
1:00 pm	9:30 am	11:00 am
3:00 pm	11:30 am	1:00 pm

IMPORTANT: FINISH ALL REQUIRED FLUIDS

For each dose: 500 mL Plenvu PLUS at least 500 mL additional clear fluid, consumed over approximately 60 minutes. Stay near a toilet and allow time before travelling.

If travel or bowel movements make the timetable difficult, contact the clinic rather than delaying the dose or finishing after NBM.



PLENVU® Instructions

YOUR SELECTED PREPARATION

Split dosing for Morning or Afternoon Procedure

Dose 1: 8:00 pm previous day

Dose 2: 3½ h before admission

Date of Procedure See booking confirmation

Nil by mouth time
(Nothing to eat or drink) 2 hours before admission

Admission Time See booking confirmation (8:30 am onwards)

Clinic Name See booking confirmation

Phone See booking confirmation

Special instructions Dose 1: 8 pm previous day; Dose 2: 3½ h before admission

Each dose: 500 mL Plenvu + 500 mL clear fluid in 60 min

PLENVU® is a medicine that cleans your bowels so they're ready for a procedure.¹

Important

Please read and follow all instructions

Drink all the required fluids to increase diagnostic accuracy and reduce the possibility of a repeat examination.

PLENVU | ALL OTHER ADMISSIONS

Only the applicable preparation method is shown

ADMISSION

8:30 am onwards

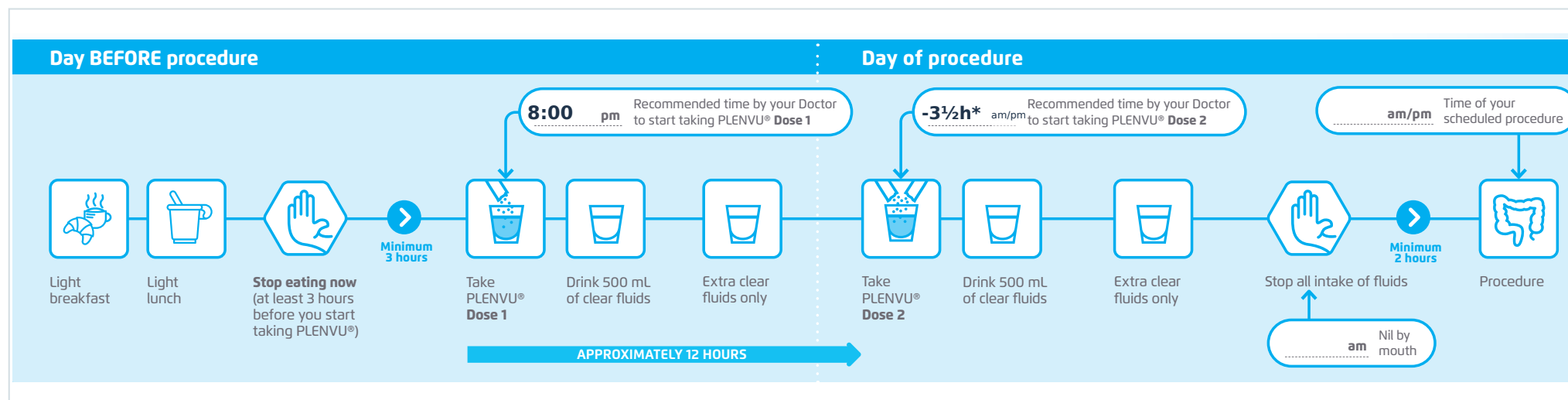
DOSE 1 - PREVIOUS EVENING

8:00 pm

DOSE 2 - PROCEDURE DAY

3½ hours BEFORE admission

Your selected Plenvu dosing diagram



* In the original diagram, Dose 2 is relative to YOUR booked admission time.

FOR EACH DOSE: 500 mL PLENVU + 500 mL CLEAR FLUID

Take all of the Plenvu and extra clear fluid over about 60 minutes.

NIL BY MOUTH: 2 hours before admission

Your confirmed admission time is on your booking notice. Follow the attached diet, mixing and travel advice.

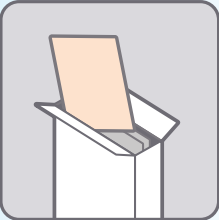
If the times are difficult because of travel or previous poor prep, contact the endoscopy unit.

Making up PLENVU® Dose 1



You should prepare PLENVU® Dose 1 when you need it, as advised by your healthcare professional.

1 Open



Open the carton and remove the **Dose 1** sachet

2 Pour



Pour the contents into a measuring container that can hold at least 500 mL of fluid

3 Add water



Add water (not chilled) to make up to the 500 mL mark on the container

4 Stir



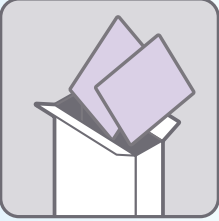
Stir until **all** the powder has dissolved. This may take up to 8 minutes

Making up PLENVU® Dose 2



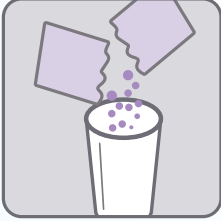
You should prepare PLENVU® Dose 2 when you need it, as advised by your healthcare professional.

1 Open



Remove **Dose 2 sachet (sachet A and B)** from the PLENVU® carton

2 Pour



Pour the contents into a measuring container that can hold at least 500 mL of fluid

3 Add water

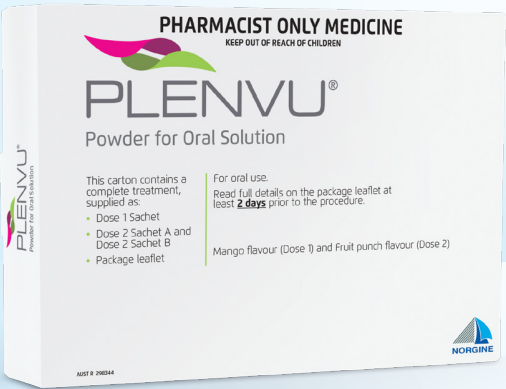
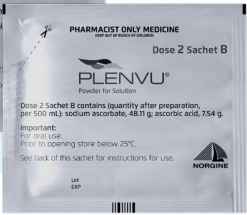


Add water (not chilled) to make up to the 500 mL mark on the container

4 Stir



Stir until **all** the powder has dissolved. This may take up to 8 minutes

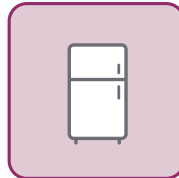


Useful tips when taking PLENVU®¹

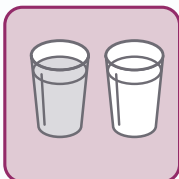
To maintain good health, you should hydrate adequately before starting Plenvu®. If you develop significant vomiting, or signs of fluid loss(dehydration) tell your doctor. Please follow the advice below to help with taking your doses.



- Dissolve PLENVU® in water (not chilled).



- Once dissolved, the solution may be stored covered at or below 25°C. It may also be stored in the refrigerator (2°C to 8°C).
- Do not keep these solutions for more than 24 hours.



- Alternate between the Plenvu® solution and a minimum of 500mL of clear fluid.



- Try using a straw or sports bottle to ensure you drink your PLENVU® doses and the additional clear fluids slowly.



- Sip the solution very slowly over 60 minutes.



- Stay hydrated by drinking plenty of clear fluid. Stop drinking all fluids at least 2 hours before your procedure or when instructed by your doctor.



- You will have lots of watery bowel movements, so stay near a toilet because you may need to use it urgently.
- You may use a barrier cream to ease anal irritation.²



Prefer to watch a video? Scan the QR code for a simple step-by-step guide.

Please follow any instructions given by your nurse or doctor. If you are unsure of any aspect of the preparation or you are having an adverse reaction or any problems, ring the number you have been given to speak with a doctor or nurse. Please talk to your doctor or nurse if you have any questions.

PLEASE READ THE CMI LEAFLET IN THE PACK

References: 1. PLENVU® Consumer Medicine Information. 2. Bowel Cancer Australia. Bowel prep and preparing for colonoscopy. Accessed 12 July 2026; <https://www.bowelcanceraustralia.org/preparing-for-colonoscopy>

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PLENVU[®]

Powder for Oral Solution

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

Your guide to taking PLENVU[®]

PLENVU[®] is a medicine that cleans your bowels
so they're ready for a procedure.¹

Important

Please read and follow all instructions.

Drink all the required fluids to increase diagnostic accuracy
and reduce the possibility of a repeat examination.

What is PLENVU®?

PLENVU® is a type of medicine called a bowel preparation. It makes your bowels clean so that they are ready for ready for a procedure. PLENVU® works by emptying the contents of your bowels, so you should expect to have lots of watery bowel movements.

This is quite normal and indicates that the PLENVU® solution is working. You may have stomach area bloating before you have your first bowel movement.

It is important you follow the instructions carefully and take all doses as directed to help ensure your bowel is clean, which supports your healthcare professional in seeing clearly during the procedure. You should allow sufficient time after your bowel movements have subsided to travel to the clinic/hospital.

How to know if your bowel is ready for a colonoscopy?



Images are for illustration purposes only. These are AI-generated images.

Drinking clear fluid

Continue to drink **clear fluids** before, during, and after you take your doses to help prevent fluid loss (dehydration). With each dose of your medication you must drink a minimum of 500mL of additional clear fluid, this can include:



Water, softdrinks
or diluted cordials



Clear soup



Tea or coffee
(without milk)



Clear fruit juice
(without pulp)



Herbal tea

You should avoid drinks containing alcohol, milk, anything coloured red or purple (e.g. blackcurrent juice) or drinks containing pulp materials. Do not eat while taking PLENVU® and until after your clinical procedure.

You must stop drinking all fluids at least 2 hours prior to your clinical procedure. Your doctor should tell what time to stop drinking fluid.

A few days before your procedure, it is recommended that you start eating a low fibre diet. For further independent support on diet advice, visit the Bowel Cancer Australia website: www.bowelprep.au/#/diet ²



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ADDITIONAL MOVICOL PREPARATION

If you have had a poor bowel preparation previously, or have constipation, consider taking Movicol during the WEEK before your colonoscopy.

The aim is to open your bowels a little more often during this week, so that your Plenvu preparation can work more effectively - without causing diarrhoea.

START 7 DAYS BEFORE

1 sachet twice daily

ADJUST TO BOWEL RESPONSE

Up to 8 sachets/day maximum

Increase gradually if needed to achieve more frequent bowel movements. Continue your normal Plenvu as instructed. Stop and contact the clinic for severe abdominal pain, vomiting or marked diarrhoea.

LOW-FIBRE (LOW-RESIDUE) DIET

Start 2-3 days before your procedure

Choose simple foods. Avoid skins, seeds, nuts and wholegrains.

✓ FOODS TO CHOOSE



White bread / toast

Crumpets, plain crackers



White rice / pasta

Plain cornflakes, Rice Bubbles



Eggs, chicken, fish

Plain, lean, without skin



Plain yoghurt / cheese

No added fruit or seeds



Peeled cooked potato

Plain, well-cooked

× FOODS TO AVOID



Wholegrain bread / cereal

Oats, muesli, brown rice



Nuts / seeds / popcorn

Seeded bread and snacks



Beans and lentils

Chickpeas, baked beans



Raw salad / vegetables

Corn, leafy greens, skins



Fruit skins / berries

Dried fruit, pips and seeds

THE DAY BEFORE YOUR COLONOSCOPY

Light breakfast and lunch; FINISH LUNCH BY 2 PM.

After lunch: **CLEAR FLUIDS ONLY.** No dinner or solid food.

No red/purple drinks. Stop all fluids at your printed NBM time.

Diet guidance: Australian Plenvu instructions and Bowel Cancer Australia.

Movicol regimen: Dr Hawken's additional bowel preparation instructions.

How to prepare PLENVU®

This product comes as two doses, **Dose 1** and **Dose 2 (Sachets A and B)**.

FOR DOSE 1 - Mango flavoured



Open carton and remove Dose 1 sachet



Pour contents into container that can hold at least 500mL of fluid



Add 500mL water (not chilled) to the measuring container



Stir until all the powder has dissolved. This may take up to 8 minutes

FOR DOSE 2 - Fruit Punch flavoured



Open carton and remove Dose 2 sachet (sachet A and B)



Pour contents of sachets A and B into container that can hold at least 500mL of fluid



Add 500mL water (not chilled) to the measuring container



Stir until all the powder has dissolved. This may take up to 8 minutes

Hints and tips

To maintain good health, you should hydrate adequately before the use of any bowel preparation. If you develop significant vomiting, or signs of fluid loss (dehydration) tell your doctor. Please follow the advice below to help with taking your doses:



Once dissolved, the solution may be stored covered at or below 25°C. It may also be stored in the refrigerator (2°C to 8°C). Do not keep it for more than 24 hours.



Alternate between the PLENVU® solution and a minimum of 500mL of clear fluid.



Sip the solution very slowly over 60 minutes.



Stay hydrated by drinking plenty of clear fluid. Stop drinking all fluids at least 2 hours before your procedure or when instructed by your doctor.



Try using a straw or sports bottle.

After taking your PLENVU® doses²



Make sure you are near a toilet.



Consider using lotion or cream to ease anal irritation.



Alcohol-free wet wipes may offer a more soothing alternative to toilet paper after each bowel movement.



Allow enough time to travel to the hospital for your procedure.



For further independent support on diet advice, scan the QRcode to visit the Bowel Cancer Australia website: www.bowelprep.au/#/diet before your procedure.²

PLEASE READ THE CMI LEAFLET IN THE PACK

References: 1. PLENVU Consumer Medicine Information, 2. Bowel Cancer Australia. www.bowelprep.au/#/diet. Accessed 12 July 2026.

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Useful tips when taking PLENVU®¹

Please read along with the PLENVU® instructions provided by your Health Care Professional.


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.
- Do not keep these solutions for more than 24 hours.



- Drink 500 mL PLENVU® DOSE 1, plus an additional 500 mL of clear fluid over a period of 60 minutes.
- You can alternate between PLENVU® DOSE 1 and the clear fluid.



- You can use a straw to help you drink your PLENVU® slowly.



- Drink 500 mL PLENVU® DOSE 2, plus an additional 500 mL of clear fluid over a period of 60 minutes.
- You can alternate between PLENVU® DOSE 2 and the clear fluid.



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



- You will have lots of watery bowel movements, so stay near a toilet because you may need to use it urgently.
- You may use a barrier cream (e.g. Vaseline®) around the anus to prevent a sore bottom.



Scan the QR code to watch a step-by-step guide on how to take PLENVU®

PLEASE READ THE CMI LEAFLET IN THE PACK.

References. 1. PLENVU® Consumer Medicine Information August 2025.

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