

Instructions from your doctor

Your doctor has prescribed you PLEINVUE® for bowel cleansing prior to your examination. **Read all of this leaflet carefully before you start taking this medicine, and always take it exactly as described in this leaflet or as your doctor or pharmacist has told you.** For further important information, including special warnings, side effects and storage of Pleinvue®, please refer to the package leaflet.

## Instructions regarding what to eat the day before the examination:

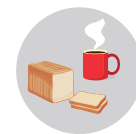
- a light breakfast
- a light lunch  
*(this must be consumed at least 3 hours before taking the first dose)*

**Do not consume any solid foods as soon as you start taking Pleinvue® until after the clinical procedure.**

*Do not drink any alcohol, milk, red or purplecolored drinks (such as blackcurrant juice) or any other drinks containing fruit pulp.*

### MORNING

Roughly between  
6 a.m. and 10 a.m.



### LUNCH

Roughly between  
12 noon and 2 p.m.



### EVENING



## Preparation

1 pack of Pleinvue® contains 3 sachets in total. Dose 1: 1 sachet, Dose 2: 2 sachets (A+B)



### DOSE 1

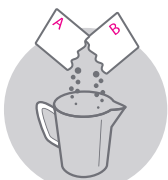


Empty the contents of dose 1 into a container that can hold at least 500 ml of liquid.



Top up with water to 500 ml. **Stir well until the powder has dissolved.** This can take up to **about 8 minutes.**

### DOSE 2



Prepare the contents of dose 2 (sachets A and B) in the same manner at the prescribed time.

*Once prepared, Pleinvue® can be drunk immediately or kept covered in the refrigerator below 25°C (77°F) or up to 24 hours.*

## Taking DOSE 1

On the evening before the examination

Dose 1  
PLEINVUE®\*



0,5 l

+

clear  
liquid\*\*



min. 0,5 l



Drink the Pleinvue® and the additional clear liquid  
IN SMALL SIPS over a period of at least 1 hour.\*

ONLY IF INSTRUCTED BY A DOCTOR

Stay close to an available toilet once  
you have started to drink the solution.



Date/time

**\*You can drink clear liquid before, during and after taking Pleinvue® to avoid becoming dehydrated.**

It is essential to also drink the additional quantities of clear liquids as specified.

\*\*Water, clear soup, fruit juices (without pulp), soft drinks, tea and/or coffee without milk.

## Taking DOSE 2

On the evening before the examination (≥2 hours later)

Dose 2 (A+B)  
PLEINVUE®\*



0,5 l

+

clear  
liquid\*\*



min. 0,5 l



Drink the Pleinvue® and the additional clear liquid  
IN SMALL SIPS over a period of at least 1 hour.\*

ONLY IF INSTRUCTED BY A DOCTOR

Stay close to an available toilet once  
you have started to drink the solution.



Date/time

**HANDY TIP:** Drink Pleinvue® chilled and/or through a straw. Drink warm tea before the Pleinvue®, to “warm up” the stomach; or else take sips of warm tea between sips of Plenvu. (Herbal-type teas such as green tea, lemon balm, ginger or lemon tea.) Between these times, chew some gum, suck on menthol candy or slices of lemon or orange.

## Examination



**Stop consuming any liquids:**

- **two hours before** a clinical procedure **under general anesthetic**, or
- **one hour before** a clinical procedure **without general anesthetic**

ONLY IF INSTRUCTED BY A DOCTOR

Please allow enough time to travel to your colonoscopy after taking the last portion.  
**IMPORTANT: You are not allowed to drive after undergoing an examination under general anesthesia. (Insurance coverage is missing)**

Date/time