

Tips and tricks for bowel preparation



**Regularly going for a colonoscopy
can help prevent bowel cancer!**

If polyps are found and removed, the time before the next screening check will be shorter, usually no more than three years instead of ten, depending on the size and number of polyps. Your doctor will discuss this with you!

Important nutritional information for successful intestinal cleansing

Allowed

1 day before the examination light low-fibre food, such as:

- cooked meat (beef, lamb, pork, poultry)
- fish
- rice or pasta
- potatoes (sautéed potatoes, boiled potatoes, mashed potato)
- soya and tofu
- butter/margarine
- white bread
- eggs
- yogurt
- shortbread, butter cookies
- cheese



Drinking instructions for successful bowel cleaning

Clear fluids including:

- water
- tea (chamomile, ginger, peppermint, green, etc.)
- soft drinks/diluted fruit syrup
- clear fruit juice (no fruit pulp, such as pineapple, apple, etc.)
- clear soup



Not allowed



From 3 to 5 days prior to the procedure no foods containing seeds, such as:

- whole grain and seeded products (whole grain bread, seeded bread, etc.)
- breaded foods (schnitzel, breaded emmental cheese, etc.)
- tomatoes
- peppers
- cucumber
- nuts
- grapes
- raspberries
- blackberries
- kiwis
- melons



The following drinks are not allowed during bowel preparation:



- red or purple coloured drinks (such as blackcurrant juice)
- drinks containing fruit pulp
- alcohol
- milk



- soup should not contain any noodles, meat, fish or vegetables.

Recommended drinks while taking bowel preparation solution

IMPORTANT: Do not eat **solid food from the start of PLENVU® until the end** of your clinical examination.

Drink clear liquids before, during and after taking PLENVU® to avoid dehydration.

- **Alternately, drink one sip of PLENVU® followed by one sip of another clear liquid.**
- **Take breaks while drinking:**
Under no circumstances should you drink the solution quickly to “get it over and done with”. Doing so might make you feel sick.

IMPORTANT: Do not drink the whole glass in one go, but **sip it slowly** over the course of **at least 1 hour**.



Drink warm tea before taking PLENVU®, to pre-warm' the stomach, or sip warm tea between sips of PLENVU®.

Add something with a bitter taste.

If you don't have a sweet tooth, try drinking bitter tea such as green tea, lemon balm, ginger or lemon tea.



PLENVU® is best drunk chilled.

This makes it not taste as strong (but be careful: don't drink PLENVU® colder than the refrigerator, as this could cause nausea).



Try to make it taste more pleasant.

You can chew gum, suck menthol candy or slices of lemon or orange in the breaks between drinking.



Drink through a straw or from a water bottle. This bypasses the taste buds!

IMPORTANT: Do not take any liquids within 2 hours before the examination!

Why is it so important to cleanse the bowel?

The bowel must be prepared before a colonoscopy. This means it needs to be emptied completely. This is because the doctor can only see the mucous membranes in the bowel clearly if the bowel is completely empty. This is required in order to spot even the smallest tissue changes in the bowel.

Cleansing the bowel thoroughly requires the use of a bowel cleansing product such as PLENVU®.

Bowel cleansing has been successful when the most recent bowel movements consist of only clear, yellowish liquid.



What happens during a colonoscopy

During a colonoscopy, the examining doctor will insert a colonoscope, approximately 1.2 to 1.8 meters long and the thickness of a finger, into your rectum.

The colonoscope is a long, flexible tube that uses fiber optics for illumination and relaying images. This allows the doctor to recognize even the slightest changes in the intestinal mucosa (lining of the bowel).

These days, colonoscopes also come with a video chip, so your physician and the assistants can follow the examination on screen. You can choose to have sedation so that you sleep during the colonoscopy procedure and are not aware of any feeling of pressure.

To make the colonoscopy less uncomfortable, an IV line is placed in the crook of your arm to give you medication that puts you into a state of "half sleep".

You won't feel anything during or after the colonoscopy. Once you "drift off", the entire bowel is examined via the anus using a flexible endoscope. If any polyps are found, these can be removed.

The examination lasts around 20–30 minutes. You can normally go back home about an hour later.

If no polyps are found, the next colonoscopy should be performed in ten years.



PLENVU®, Pulver zur Herstellung einer Lösung zum Einnehmen

Zusammensetzung: Dosis 1: Macrogol 3350 100 g, Natriumsulfat 9 g, Natriumchlorid 2 g, Kaliumchlorid 1 g; Dosis 2: Beutel A enthält: Macrogol 3350 40 g, Natriumchlorid 3,2 g, Kaliumchlorid 1,2 g; Beutel B enthält: Ascorbinsäure 7,54 g, Natriumascorbat 48,11 g. Sonstige Bestandteile: Sucralose (E955), Aspartam (E951); Mango-Aroma enthält Glycerol (E422), Aromazubereitungen, Arabisches Gummi (E414), Maltodextrin (E1400) und natürliche Aromasubstanzen. Fruchtpunsch-Aroma enthält Aromazubereitungen, Arabisches Gummi (E414), Maltodextrin (E1400) und Aromasubstanzen. **Anwendungsgebiete:** Zur Darmvorbereitung vor klinischen Maßnahmen, die einen sauberen Darm erfordern. Zu Risiken und Nebenwirkungen lesen Sie die Packungsbeilage und fragen Sie Ihre Ärztin, Ihren Arzt oder in Ihrer Apotheke. Stand 07/2025

Das verwendete Bildmaterial dient der Illustration des Einsatzzwecks.
Die abgebildeten Personen sind Models. PLENVU, NORGINE und das Norgine-Siegel sind eingetragene Marken der Norgine- Unternehmensgruppe.
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