

You should not take any medication containing iron in the 4 days prior to your colonoscopy.

It is recommended to stop using medication with **anticoagulation and/or anti-platelet properties, such as Adiro, Plavix, etc.**, 5 days prior to your colonoscopy.

72

hours
before

Follow a **low-waste diet FOR 72 HOURS:**

YOU MAY EAT

Rice, pasta and broth
Grilled or boiled meat and white fish (with a few drops of oil)
Hard cheese
Cookies without fibre and toast
Filtered juice
Tea, coffee and light infusions
Still drinks

YOU MAY NOT EAT

Salad
Vegetables, pulses and potatoes
Meat and fish in sauce
Fruit
Cold meats
Milk, fats and cake
Fizzy drinks
Cereals, quinoa, etc.

24

hours
before

24 hours before the colonoscopy/procedure: CLEAR LIQUID DIET: Water, filtered broth, infusions, tea and still drinks, such as Nestea,[®] Aquarius,[®] etc.

HOW TO TAKE PLEINVUE[®]

DAY OF THE PROCEDURE:

- Drink half a litre of **PLEINVUE** at **6 a.m.** Drink one glass every **15-20 minutes**. Dissolve in water. It is recommended to drink PLEINVUE cold and alternated with clear liquids.
IMPORTANT: You must also drink at least **HALF A LITRE OF CLEAR LIQUIDS** afterwards.

-Drink half a litre of **PLEINVUE** at **9 a.m.** Drink one glass every **15-20 minutes**. It is recommended to drink PLEINVUE cold and alternated with clear liquids. Drink it slowly over the course of **an hour**.
IMPORTANT: You must also drink at least **HALF A LITRE OF CLEAR LIQUIDS** afterwards.

YOU MUST FAST COMPLETELY IN THE 4 HOURS BEFORE THE COLONOSCOPY.

1st dose of PLEINVUE[®]

Sachet 1



1. Open the sachet for **dose 1** and dissolve it in **500 ml of cold water**.



2. Drink the preparation over the course of **45 min**.
Drink a glass every **10-15 min**.



3. Next, drink at least an **additional half a litre of clear liquids***.

2nd dose of PLEINVUE[®]

Sachet A + Sachet B



= 125ml PLEINVUE + 125ml PLEINVUE + 125ml PLEINVUE + 125ml PLEINVUE

= 125ml WATER + 125ml WATER + 125ml WATER + 125ml WATER

We recommend drinking this dose chilled.



1.

Open the sachet for **dose 2** (sachet A + sachet B) and dissolve both sachets in **500 ml of cold water**.

2.

Next, prepare half a litre of **clear liquids***.
Divide it into 4 glasses of 125 ml.

3.

Drink the preparation slowly (4 glasses of the preparation + 4 glasses of clear liquids*), **alternating between a glass of the preparation and a glass of clear liquids**. We recommend drinking a glass every 15-20 min (125 ml).

* Clear liquids: water, broth, fruit juice without pulp, soft drinks, tea and/or coffee without milk.

SPECIAL CIRCUMSTANCES

If you are often **CONSTIPATED**, it is likely that you will need **SPECIAL PREPARATION** known as “**OPTIMISED COLONOSCOPY PREPARATION**”:

Three days before TAKING PLEINVUE, you will be prescribed one sachet of MOVICOL solución oral every eight hours and you must drink plenty of liquid after each dose.

This will allow us to get the best diagnostic potential from the colonoscopy.

PREPARATION WITH PLEINVUE THREE DAYS BEFORE



One sachet every eight hours

