

COLON PREPARATION WITH PLEINVUE – C.N 721059-7

48 hours before:

WHAT YOU CAN EAT

Grilled or stewed meat or white fish; soup broth without vegetables; milk and low-fat plain yoghurt, rice and pasta (not whole-grain); white bread; cookies (not whole-grain); mashed or cooked potatoes without skin; coffee, tea and infusions.

WHAT YOU CAN'T EAT

Fruit; vegetables; legumes; whole dairy products; full-fat cheese; whole-grain products; high-fat meat, sausages; oily fish; chocolate; cakes; nuts

24 hours before –water, filtered fat-free broth, juice without pulp, infusions, tea, bubble free drinks. FOLLOW THE INSTRUCTIONS BELOW.

DIRECTIONS ON PLEINVUE:

If your appointment is in the morning (from 9am to 12pm):

The **day before** the examination/intervention at **6pm**, you should take the first dosage of PLEINVUE, following the instructions on the back of this sheet. Important: after taking the first dosage, you should drink, additionally, at least half a liter of clear liquids or water.

The day before the examination, at **9pm**, you should take the second dosage of PLEINVUE, following the instructions on the back of this sheet. Important: after taking the first dosage, you should drink, additionally, at least half a liter of clear liquids or water. You may drink water until 4 hours before the medical test. From that moment on, you should start fasting.

If your appointment is in the morning (from 12pm on):

The **day before** the examination/intervention at **8pm**, you should take the first dosage of PLEINVUE, following the instructions on the back of this sheet. Important: after taking the first dosage, you should drink, additionally, at least half a liter of clear liquids or water.

The **day before** the examination/intervention at **23pm**, you may drink infusions or tea for breakfast (not solid food), and later take the second dosage of PLEINVUE, following the instructions on the back of this sheet. Important: after taking the first dosage, you should drink, additionally, at least half a liter of clear liquids or water. You may drink water until 4 hours before the medical test. From that moment on, you should start fasting.

If your appointment is in the afternoon (from 4pm on):

At **7am, the same day of the intervention**, you may drink infusions or tea for breakfast (not solid food), and later take the first dosage of PLEINVUE, following the instructions on the back of this sheet. Important: after taking the first dosage, you should drink, additionally, at least half a liter of clear liquids or water.

At **9am**, take the **second dosage of PLEINVUE**, following the instructions on the back of this sheet. Important: after taking the first dosage, you should drink, additionally, at least half a liter of clear liquids or water. You may drink water until 4 hours before the medical test. From that moment on, you should start fasting.

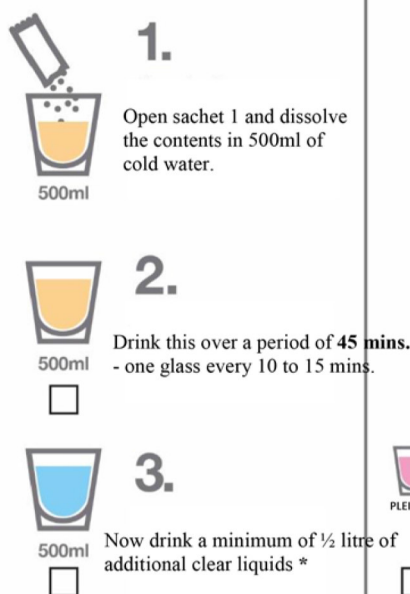
HOW TO PREPARE PLEINVUE:

Please follow the instructions on the back of this sheet carefully to avoid repetitions and remember:

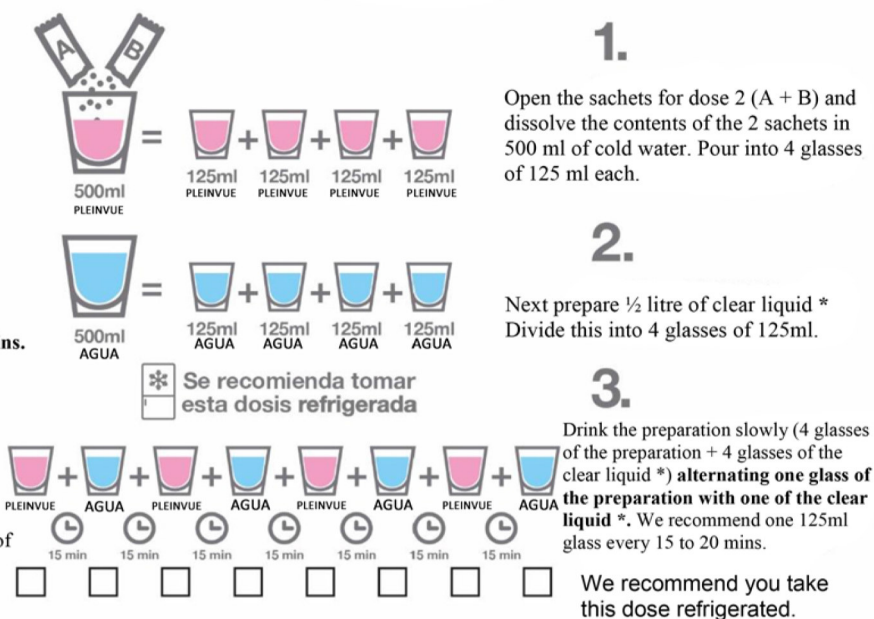
1. Bring the signed consent form
2. You shouldn't take any iron-containing medicines 7 days before the intervention.
3. You must be accompanied by another person (you must not drive right after the medical test).

INSTRUCCIONES DE TOMA DE PLEINVUE®

1ST dose of PLEINVUE Sachet 1



2ND dose of PLEINVUE sachet A + sachet B



- Clear liquids: water, clear soup, pulp-free fruit juice, squashes, tea and coffee without milk.

DIRECTIONS:

1st dose of PLAINVUE: Sachet 1

1. Open the correspondent sachet (DOSE 1) and dilute it in 500ml cold water
2. Take the mixture in a period of 45 minutes. Drink a glass every 10-15 minute.
3. then drink at least half an additional liter of clear liquids*

2nd dose of PLAINVUE: Sachet A + Sachet B

1. Open the correspondent sachet (DOSE 2: sachet A + sachet B) and dilute both in 500ml cold water. Distribute them in 4 glasses of 125ml
2. Then, prepare half a liter of clear liquids*. Distribute it in 4 glasses of 125ml
3. Drink the mixture slowly (4 glasses of mixture + 4 glasses of clear liquids), alternating a glass of the mixture with a glass of clear liquids. It's recommended to drink a glass every 15-20 minutes (125ml).

it is recommended refrigerate and take this dose cold

*Clear liquids: water, soup broth, fruit juice without pulp, sodas, tea or coffee (without milk).