


Information for patients and carers

Plenvu bowel preparation
instructions for diabetic
patients having a small bowel
capsule endoscopy

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue. The top band is a light blue, the middle is a medium blue, and the bottom is a dark blue.

What is Small Bowel Capsule Endoscopy?

Small Bowel Capsule Endoscopy is a test which allows the doctor to look internally at the lining of your small bowel (intestine). By doing so it may help us to establish reasons for your symptoms.

You will be asked to swallow a capsule containing a small camera. As the capsule passes through it will transmit visual images of the lining of your small bowel. These images will be detected by the sensors inside a belt that will be placed over your abdomen and connected to a small recording device. This device will be held securely in a pouch and strap, which will be worn over your shoulder. Once it has been confirmed that the capsule has passed into the small bowel you will be allowed home. You must then return to the hospital in the evening to return the recording device.

Will it hurt?

The procedure is not painful. The capsule is quite large and may cause minor discomfort whilst swallowing.

What to do now you have your appointment

Check if it is convenient.

Check if you can get to the Endoscopy Unit and home again.

Telephone us on **01257 247108** or **07784225603** if you cannot keep this appointment.

If you are disabled and need help with transport, please contact the Patient Transport Services on **01772 325100**.

Please advise before your appointment if you will need a language or BSL Interpreter.

As this is a teaching hospital, your procedure may be observed or assisted by trainee staff. Please inform us on your arrival if you do not wish to have trainees present.

PLEASE NOTE:

Before starting the Plenvu bowel preparation, please read the following information regarding your diabetic medication whilst taking bowel prep.

Diabetic medication information for patients with Type 2 diabetes treated with medication and patients with Type 1 or Type 2 diabetes treated with insulin

If you have any concerns about managing your diabetes while preparing for this investigation or about how Plenvu may affect your diabetes, please contact the Diabetes Specialist Nurses: **01257 245350**.

PLEASE NOTE: This is a voicemail service, please leave a message and they will return your call (this may not be the same day). You may also contact your GP for advice.

Day before Capsule Endoscopy: Insulin Therapy

Insulin doses will need to be reduced on the day before the investigation (except Levemir, Lantus, Abasaglar, Toujeo, Tresiba, or Semglee) as carbohydrate intake will be smaller for the bowel to be cleared.

You should not omit any insulin doses when taking the preparation, if you have any queries, please discuss with your Diabetes Care Team: 01257 245350 or your GP.

Patients who are confident about adjusting their insulin dose according to their reduced carbohydrate intake and substituting carbohydrate in clear liquid form (e.g. lemonade, Lucozade, tea/coffee with sugar but no milk, sports drinks but no purple or red colours) should remember that frequent intake of small amounts ($\frac{1}{4}$ to $\frac{1}{2}$ a glass) is required.

GLP-1 agonists are non-insulin injectables and these include:

- Trulicity (Dulaglutide)
- Bydureon / Byetta (Exenatide)

- Victoza (Liraglutide)
- Lyxumia (Lixisenatide)
- Semaglutide (Ozempic)

If you take daily non-insulin injectable treatments - do not to take these until you are eating and drinking normally.

Oral diabetic medication

Following administration of the Plenvu bowel prep, no more of the following diabetic medications should be taken for the rest of the day:

- Acarbose (Glucobay)
- Alogliptin
- Canagliflozin
- Dapagliflozin
- Empagliflozin
- Glibenclamide (Daonil or Euglocon)
- Glicazide or Glicazide MR (Diamicon or Diamicon MR)
- Glimepiride (Amaryl)
- Glipizide (Glibenese or Minodiab)
- Gliquidone (Glurenorm)
- Linagliptin
- Metformin (Glucophage or Glucophage SR)
- Pioglitazone (Actos)
- Repaglinide (NovoNorm) or Nateglinide (Starlix)
- Saxagliptin
- Semaglutide (oral preparation)
- Sitagliptin
- Tolbutamide
- Vildagliptin

Blood glucose testing: Insulin therapy and/or oral medications

Since your carbohydrate intake is smaller than usual, there is a risk of hypoglycaemia. Therefore, blood glucose monitoring should be done at

least every 2 - 4 hours.

You can prevent hypoglycaemia by taking extra carbohydrate in the form of clear fluids if necessary, such as Lucozade, lemonade, a small glass of fruit juice or cordial (not blackcurrant) then check your blood sugar after 10 -15 minutes. It is advisable to carry glucose tablets, in the event of hypoglycaemia.

Day before Capsule Endoscopy

The day before your appointment you may eat a light breakfast and a light lunch.

At 3pm, do not eat any more food. Only clear fluids (nothing coloured purple or red)



Water



Clear soups no bits



Tea / Coffee no milk



Soft drinks **not** blackcurrant



Do not drink Alcohol

You may take sugar-containing drinks, this will be important to keep your blood glucose from dropping too low.

Take these in small quantities and at regular intervals across the day and evening to keep the blood glucose level stable.

If your blood glucose is below 4mmol: - have 1 bottle of Glucojuice/Lift Juice shots (15gm) - or 1-2 tubes of Glucoboost gel (10gm per tube) - or 200mls of Lucozade - or 3-5 glucose/Dextrose tablets.

At 6pm - Empty Dose 1 of Plenvu into a container/jug with 500mls of water and stir. It will take about 8 minutes for the Plenvu to completely dissolve.

Sip this slowly over 60 minutes along with 500mls (minimum) of clear fluids.

Patient hints and tips

- * You should expect frequent bowel actions and eventually diarrhoea; you should therefore stay close to the toilet once you have taken Plenvu. Intestinal cramping is normal
- * Please use a barrier cream (zinc & castor oil) on your bottom to prevent soreness
- * Plenvu may be easier to take if it is chilled once it has been made up
- * Try using a straw when drinking Plenvu. It may help make you tolerate it better
- * Drink plenty of clear fluids to stay hydrated
- * Alternating between Plenvu and clear fluids is acceptable

At 9pm - Empty Dose 2 A & B into a container/jug with 500mls of water and stir. It will take about 8 minutes for the Plenvu to completely dissolve.

Sip this slowly over 60 minutes along with 500mls (minimum) of clear fluids.

PLEASE REMEMBER YOU SHOULD NOT EAT ANY FOOD WHILST TAKING YOUR BOWEL PREPARATION.

Day of Capsule Endoscopy

Test blood glucose on rising (if you normally do so). If it is below 4mmol: you may have:

- 1 bottle of Glucojuice/Lift Juice shots (15gm) or
- 1-2 tubes of Glucoboost gel (10gm per tube) or
- 3-5 glucose/Dextrose tablets

Do not eat or drink anything the morning of the test.

You may take your necessary morning medication with a sip of water. Any medication taken **MUST** be at least two hours before your appointment time.

- More regular monitoring of blood sugar levels will be necessary
- Do not apply body lotion or talcum powder to your abdomen
- Wear loose-fitting two-piece clothing
- Bring in any medication you are taking (including inhalers), or a list of their names
- Do not arrive too early for your appointment

After Swallowing the PillCam® Capsule

After 2 hours you may drink clear fluids.

After 4 hours you may have a light snack. Please continue to monitor your blood glucose levels closely until normal diet is resumed.

After another 4 hours, you may resume your normal diet.

Check the blue flashing Data Recorder light every 15 minutes. If it stops blinking or changes colour, note the time and contact the capsule team.

Avoid strong electromagnetic fields, such as MRI scans or ham radios after swallowing the capsule and until you pass it in a bowel movement. Do not disconnect the equipment or completely remove the belt at any time during the procedure.

Treat the Data Recorder carefully; avoid sudden movement and banging of the recorder.

Avoid direct exposure to bright sunlight.

You will not be sedated for this investigation and therefore will be able to resume normal activities following discharge home. You will also receive a discharge letter with advice to follow.

Results

A report will be sent to your consultant, who in turn will discuss the results with you at your next outpatient appointment.

Risks

Be sure to inform your doctor immediately if you have any abdominal pain, nausea or vomiting during the procedure. A contact number will be given to you before you leave the hospital.

The capsule will pass out of your body over the next few days in your normal bowel movement. If you are unsure that the capsule has been passed, contact your doctor for an evaluation.

Undergoing an MRI scan while the capsule is still inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you are not certain the capsule has passed out of your body, contact your doctor for evaluation and possible abdominal x-ray before undergoing an MRI scan.

Contact details

If you require any further information or clarification, please contact the Clinical Endoscopist team on **07784 225603**.

If you need any further guidance regarding your insulin or oral diabetic medication, please contact the Diabetes Care Team on **01257 245350** or your GP.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

www.bowelcleansingmatters.co.uk

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All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team. If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our new leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

patientexperienceandinvolem@LTHTR.nhs.uk

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