

Purchase at your pharmacy: PLEINVUE® oral solution (C.N. 721059-7).

- Iron-containing medications: stop 1 week before the examination.
- Anticoagulants and antiplatelet drugs (Sintrom®, Plavix®, Tiklid®, Effient®, Disgren® or Brilique®): consult your doctor. It may be necessary to stop them a few days before and follow an alternative plan. Direct oral anticoagulants (Lixiana®, Pradaxa®, Xarelto® or Eliquis®): consult your doctor to know how many days before the examination they should be stopped.
- Medications for diabetes or weight loss (Ozempic®, Wegovy® or Mounjaro®): stop at least 1 week before.
- Acetylsalicylic acid (Adiro® or Tromalyt®): 100 mg/150 mg: no need to stop. 300 mg: reduce to 100 mg during the 5 days prior, after consulting your doctor.

START 3 DAYS (72H) BEFORE THE PROCEDURE - LOW RESIDUE DIET

You can eat

- Skimmed milk and yogurt, margarine (small quantity).
- Fresh cheeses.
- White or toasted bread, cookies without fiber.
- Meat and white fish (grilled or boiled).
- Mashed or boiled potatoes.
- Italian" pasta or rice without sauce.
- Juices without pulp (strained).
- Non-carbonated drinks, coffee, tea and light infusions.
- Hard-boiled eggs (neither fried nor omelettes).
- Filtered broths.
- Quince, apples or pears cooked without skin.

You can't eat

- Whole-grain products.
- Fruit, vegetables, legumes, salad.
- Fatty meats, sausages.
- Chocolate, cakes, industrial pastries.
- Dried fruits and nuts.
- Stews or foods cooked with sauces.
- Whole milk.
- Carbonated and alcoholic beverages.
- Jam and marmalade.
- Fish and seafood in sauce.
- No fats.

DAY BEFORE THE PROCEDURE - START OF PLEINVUE® INTAKE

The day before the examination you must follow a liquid-only diet, do not eat any solid food.

Morning appointment (before 13:30h)

- **First dose at 19:00h on the day before** : You must drink ½ liter of PLEINVUE®, one glass every 15-20 minutes. IMPORTANT: After the last glass, you must drink at least ½ LITER OF CLEAR LIQUIDS.
- **Second dose at 22:00h on the day before** : You must drink ½ liter of PLEINVUE®, one glass every 15-20 minutes. IMPORTANT: After the last glass, you must drink at least ½ LITER OF CLEAR LIQUIDS.

Afternoon appointment (after 13:30h)

- **First dose at 20:00h on the day before** : You must drink ½ liter of PLEINVUE®, one glass every 15-20 minutes. IMPORTANT: After the last glass, you must drink at least ½ LITER OF CLEAR LIQUIDS.
- **Second dose at 08:30h on the day of the procedure** : You must drink ½ liter of PLEINVUE®, one glass every 15-20 minutes. IMPORTANT: After the last glass, you must drink at least ½ LITER OF CLEAR LIQUIDS.

Clear liquids: Water, Isostar, Gatorade, Aquarius, tea, infusions, filtered juices, filtered broths without vegetables. NO MILK.

CÓMO PREPARAR PLEINVUE®

DOSIS 1 Abra el sobre correspondiente a la **Dosis 1**, y disuelva el contenido en **500 ml de agua fría**. Tómese el preparado lentamente a lo largo de 40-45 minutos. Se recomienda un vaso cada **15-20 min** (125 ml). A continuación tomar 1/2 litro de líquidos claros.



DOSIS 2 Abra el sobre correspondiente a la **Dosis 2** (sobre A + sobre B) y disuelva el contenido de los 2 sobres en **500 ml de agua fría**. Tómese el preparado lentamente a lo largo de 40-45 minutos. Se recomienda un vaso cada **15-20 min** (125 ml). A continuación tomar 1/2 litro de líquidos claros.



PROCEDURE DAY

- Fasting (no liquids or solids) at least 6 hours before the test.
- It is essential to bring **the medical request, the authorization of your mutual insurance company for the appropriate test and the preoperative assessment** (coagulation tests).
- Perform personal hygiene and shower (do not use body moisturizer, makeup or nail polish, do not wear jewelry).
- **Come accompanied.**
- Do not drive, operate heavy machinery or perform risky activities after the procedure.
- If you cannot come on the day of the test, please call us in advance to let us know, another patient will benefit from it.