

# COLONOSCOPY PREPARATION INSTRUCTIONS

## using Plenvu®

### Obtain the following:

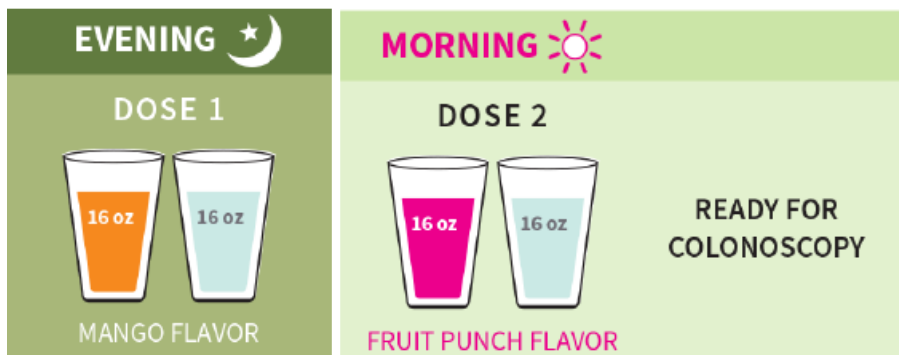
1. Plenvu® bowel prep kit
  - This is a split-dose (2 day) regimen.

### Day PRIOR to the procedure:

1. May have a light early breakfast followed by clear liquids for lunch and dinner.

Clear liquids include:

- Clear fruit juice (no pulp) – Apple, white grape, white cranberry, etc.
  - Chicken broth
  - Coffee without milk or creamer
  - Clear sodas (7up, Sprite, Ginger Ale)
  - Jello (lime or lemon flavors only)
  - Gatorade/Powerade (yellow flavors only)
  - Popsicles without pieces of fruit or pulp (lime or lemon)
2. Any time after 6PM, use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time, slowly finish the dose within 30 minutes.
  3. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes. Continue to drink additional clear liquids throughout the evening.



### **Day of the procedure:**

1. Take your morning medications with a sip of water.  
*\*\*\*if you are a diabetic, do not take your morning oral diabetic medications. If you use insulin in the mornings, only use half the dose.*
2. Starting 4 hours prior to your procedure time, use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time, slowly finish the dose within 30 minutes.
3. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes. Continue to drink additional clear liquids throughout the evening.  
*\*\*\*Example: If your procedure is at 9AM, you should drink the second dose at 5AM. It is very important to finish drinking the solution. If not, the colon might not be clean enough and the procedure will have to be repeated at a later date.*  
*\*\*\*Stop drinking liquids at least 2 hours prior to your procedure time*

*\*\*\*If you take anticoagulants or antiplatelets (“blood thinners”) like Plavix®, Coumadin®, Pradaxa®, Xarelto®, Eliquis®, Effient®, etc., you should discuss with your doctor.*

*\*\*\* You must have someone with you in order for the physician to explain the results of the procedure after your exam(this person will also be your driver), as you will have been sedated. Plan to be at the surgery center/hospital for approximately 2-3 hrs. They surgery center or hospital may call you with any schedule changes or updates.*