

**Center for Digestive Disease**  
**COLONOSCOPY-Plenvu INSTRUCTIONS**

**\*\*\*Please follow these instructions rather than the instructions on the prep box\*\*\***

PLACE OF PROCEDURE: \_\_\_\_\_ DATE OF PROCEDURE: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_ PROCEDURE TIME: \_\_\_\_\_

**(Please note the Facility will confirm your appointment, so the arrival time may be adjusted)**

**TWO WEEKS PRIOR TO YOUR SCHEDULED PROCEDURE STOP TAKING PRESCRIBED WEIGHT LOSS MEDICATION, OR YOUR PROCEDURE WILL BE CANCELLED**

**FIVE DAYS PRIOR TO YOUR SCHEDULED PROCEDURE:**

- Stop taking PLAVIX, COUMADIN, IRON, VITAMIN E, FISH OIL AND OTHER OIL-BASED SUPPLEMENTS unless told otherwise advised by your provider.
- Fill your prescription for PLENVU which has already been sent to your pharmacy.

**THE DAY PRIOR TO YOUR PROCEDURE SCHEDULED ON \_\_\_\_\_**

- Start CLEAR LIQUID diet as instructed by your doctor. List is provided on the back of this page. Hydration is part of your prep! Drink 8-oz. CLEAR LIQUIDS every hour throughout the day before you start your prep.
- **DO NOT EAT ANY SOLID FOODS or ALCOHOL THE DAY BEFORE YOUR PROCEDURE!**  
At **5:00 PM** drink your first dose of PLENVU.
  - 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 2-3 minutes. Take your time-slowly finish the dose within 30 minutes.
- At **8:00 PM** drink your second dose of PLENVU.
  1. 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 is completely dissolved. This may take up to 2-3 minutes. Take your time slowly finish all of it within 30 minutes.
  2. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

**\*\*Especially if diabetic and/or constipated: Use Pedialyte instead of water to avoid inadequate preparation and hypoglycemia. \*\***

## THE DAY OF YOUR PROCEDURE \_\_\_\_\_

- No water, no candy, no gum, no tobacco, etc.

**YOU MUST HAVE SOMEONE RESPONSIBLE AND OVER THE AGE OF 18 DRIVE YOU HOME, AS YOU WILL BE SEDATED FOR YOUR PROCEDURE.**

**YOU WILL NOT BE PERMITTED TO HAVE YOUR PROCEDURE PERFORMED WITH ANY TYPE OF ANESTHESIA WITHOUT A RESPONSIBLE RIDE.**

## CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. NO RED or PURPLE LIQUIDS should be consumed.

### CLEAR LIQUIDS:

- Water (Plain or flavored), tea and coffee (*no milk, no creamer or other dairy*)
- Clear chicken broth and consommé
- Pedialyte
- Apple juice and white grape juice
- Lemonade and limeade (*no pulp*)
- Sprite, 7-up and ginger ale
- Gatorade, Powerade and Kool-Aid (*no red or purple coloring*)
- Jell-O and ice popsicles (*no red or purple coloring, no fruit or pulp, no dairy*)
- Coconut water (*no coconut milk*)

NO SOLID FOODS: NO meats, NO vegetables, NO dairy, NO grains and starches. NO JUICES WITH PULP: NO orange juice, NO vegetable juices, NO nectars, NO smoothies. If pathology or biopsies are taken please allow 7 business days to obtain results.

PLEASE GIVE THE OFFICE 3 DAYS NOTICE TO CANCEL OR RESCHEDULE ANY PROCEDURES.  
FOR QUESTIONS CALL OUR OFFICE AT 936-321-5440