



Colonoscopy Preparation with PLENVU®

Preparation Instructions:

**CLEAR LIQUID DIET THE ENTIRE DAY BEFORE THE PROCEDURE**

**\*\*\*\*\*NOTHING RED OR PURPLE\*\*\*\*\***

**THE FOLLOWING ARE ACCEPTABLE:**

**SOUPS – CLEAR BROTH OR BOUILLON**

**BEVERAGES – TEA, COFFEE (NO MILK/CREAM IN COFFEE OR TEA), KOOL-AID,**

**CARBONATED BEVERAGES**

**JUICES – (NO PULP IN ANY JUICES) WHITE CRANBERRY, APPLE, WHITE GRAPE,**

**STRAINED LEMONADE – ITALIAN ICE, POPSICLES OR JELLO**

ANY QUESTIONS PLEASE CALL THE OFFICE AT 943-1301 OR 789-1860 EXT: \_\_\_\_\_

**48 hour notice is required for cancellations to avoid a \$100.00 charge**

The PLENVU® Bowel Prep Kit contains 3 packets to be mixed with water and one 16-ounce mixing container. You must complete the entire prep to ensure the most effective cleansing.

**START PREP: Step 1 Beginning at: 16 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME.**

Step 2 Pour the **DOSE 1** into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix.

Step 3 Drink ALL the liquid in the container over 30 minutes.

Step 4 Drink an additional 16-ounces of clear liquids in the same container over 30 minutes.

*Continue to have clear liquids in between both doses, following the diet at the top of this sheet.*

**Repeat Steps 1-4 using both DOSE 2A and 2B packets 12 hours after your first dose.**

NOTE: You must finish drinking the final glass of water at least 4 hours, or as directed, before your procedure.

The Day of Your Procedure:

1. Do not have breakfast of any kind.
2. Continue to drink clear liquids until 4 hours before your scheduled arrival time.
3. All oral diabetic medications should not be taken the day of the procedure.
4. Patients on insulin should contact the physician who prescribes the insulin for instructions for day prior to and day of procedure.
5. Take all your heart, blood pressure, and seizure medication as usual with small sips of water.
6. Allow enough time for the laxative to finish working before traveling.
7. You should be accompanied by a friend or relative to drive or assist you home. You will not be allowed to drive the day of the procedure.