

# **PLENVU PREP FOR COLONOSCOPY**

Date: \_\_\_\_\_ Place: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

Physician: \_\_\_\_\_

**Fill your prescription at the pharmacy and read these instructions several days before the procedure.**

**Three days before the procedure, begin a LOW RESIDUE DIET (see low residue diet instructions)**

## **The day before the procedure:**

1. Do not eat anything solid. Follow the clear liquid diet instructions.
2. Clear liquids include water, black coffee, tea, apple juice, white grape juice, soda, Jell-O, popsicles, broth, and Gatorade or other sport drinks. DO NOT drink milk or use non-dairy creamer. DO NOT drink anything colored red or purple. DO NOT drink alcohol.
3. Use the mixing container to mix the contents of the Dose 1 Plenvu pouches with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take 2 to 3 minutes. Refrigerating the prep may make it easier to drink.
4. At 5:00 PM begin drinking dose 1 of the prep. Take your time and slowly finish the dose within 30 minutes.
5. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes. Stay close to a restroom.

## **The morning of the procedure:**

1. Do not eat.
2. Mix dose 2 as before. (See above.)
3. Begin drinking dose 2 at least four hours before the procedure.
4. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes. Finish drinking clear liquids at least 2 hours before the procedure. Do not take anything by mouth for at least 2 hours before the procedure.

## **Important:**

1. You will need a driver to stay during your procedure and to drive you home afterward.
2. Avoid iron supplements for 1 week before the procedure.
3. If you take aspirin for heart protection, DO NOT stop taking it.
4. If you normally take medication in the morning for high blood pressure or seizures, please take it as usual at least 2 hours before the procedure.
5. So that appropriate adjustments can be made, please notify your doctor at least one week before the procedure if you take warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.

**Please call the office during regular business hours for any questions.**

**918-438-7050, M-Thurs 8:00am – 4:30pm, Friday 8:00am-3:00 pm**