



Plenvu Split Dose Colon Prep Instructions

The purpose of this prep is to clean your colon. The cleaner your colon is prior to your exam, the more likely we are to locate any abnormalities.

- At first appointment tell your doctor if you are taking any blood thinner/coagulant medications other than aspirin.

Several days before procedure:

- Pick up your prescription for Plenvu. A prescription has been sent to your pharmacy.
- Purchase 125 mg of Simethicone (Gas X). No prescription is needed.
- It is very important that you remain well hydrated for a number of days prior to and after the procedure. Gatorade® or sports drinks will result in better hydration than drinking just water alone.

Three days before procedure:

- Avoid corn, popcorn, raw vegetables, raw fruits, and foods with seeds or nuts.

Day before / 24 hours before procedure:

- After waking in the morning, start a clear liquid diet, drinking at least 1 large glass (8 oz.) of clear liquids every hour until you go to bed. You may not have any solid foods until after your colonoscopy. No liquids with red, blue, purple, or orange coloring. No alcohol. Consume only:
 - Apple Juice
 - Black Tea/Coffee (No Milk or Cream)
 - Broth
 - Crystal Light
 - Ensure Clear Therapeutic Nutrition Drink (apple flavor only)
 - Fruit Juice *without* Pulp
 - Gatorade / Sport Drinks
 - Hard Candy
 - Italian Ice (no fruit pieces)
 - Jell-O
 - Popsicles
 - Soda
 - Water
 - White Grape Juice

5:00 pm night before procedure:

- Mix Dose 1 of Plenvu with at least 16 oz of water by shaking or using a spoon to stir until it is completely dissolved. This may take up to 2-3 minutes. Drink all of the solution within 30 minutes.
- Refill the container with at least 16 ounces of clear liquid. Drink the solution slowly over 30 minutes. Do not drink quickly.

Five hours before procedure (may need to wake during night):

- Mix contents of Dose 2 (pouch A and pouch B) with at least 16 ounces of water by shaking or stirring with a spoon until completely dissolved. This may take up to 2-3 minutes. Drink the solution slowly over 30 minutes. Do not drink quickly.
- Refill the container with at least 16 ounces of clear liquid. Drink the solution slowly over 30 minutes. Do not drink quickly.
- After consuming remainder of prep, take 125 mg Simethicone (Gas X).

Three hours before procedure:

- Nothing further by mouth, with the exception of any medications. Medications may be taken with small sips of water.

Day of procedure:

- You will need a ride home from the hospital. Hospital policy requires a responsible person over the age 18 to provide transportation after your procedure. Taxis and public transportation are not acceptable. Failure to comply may result in cancellation of your procedure.
- Drink at least 6 more 8 oz. glasses of clear liquid prior to bedtime.

Day following procedure:

- May begin driving or operating machinery.