



**PREP INSTRUCTIONS
FOR COLONOSCOPY
WITH PLENVU**

YOUR COLONOSCOPY IS SCHEDULED FOR:

Date of Procedure: _____

Arrival Time: _____

Provider: _____

Facility Name/Address: _____

Phone: _____

Missed appointments or appointments that are cancelled without a 72 hour notice, may be subject to a fee.

PLEASE REVIEW THE INSTRUCTIONS AT LEAST 7 DAYS PRIOR TO THE PROCEDURE.

USE THESE PREPARATION INSTRUCTIONS. DO NOT USE THE INSTRUCTIONS INCLUDED WITH THE PLENVU.



IT IS IMPORTANT THAT YOU FOLLOW THESE DIRECTIONS CAREFULLY AND COMPLETE THE ENTIRE PREPARATION TO ENSURE THE MOST EFFECTIVE CLEANSING.

- If you are taking blood thinners, insulin or oral medications for diabetes, please let our office know and call the prescribing physician for special dosing instructions.
- Please make sure that you have a responsible adult with you upon arrival at the facility. This adult must stay at the facility during the procedure and drive you home afterwards. You will be unable to drive due to the sedation you will receive. You may not take a Lyft, Uber or other public transportation to or from the facility.

7 DAYS PRIOR TO PROCEDURE

- Stop taking oral Iron supplements
- Multivitamins are ok to continue

3 DAYS PRIOR TO PROCEDURE

- Stop eating raw fruits, vegetables, nuts, seeds and beans

1 DAY PRIOR TO PROCEDURE

- You may have clear liquids only
 - Examples include: water, black coffee (sugar is ok), tea, broth, soda, apple juice, Gatorade, Kool-Aid, Jell-O and popsicles
- DO NOT CONSUME ANY DAIRY PRODUCTS OR ANYTHING THAT IS RED, ORANGE, PURPLE OR BLUE
- It is important to drink additional clear liquids before starting and your prep, as well as during, to maintain adequate hydration

BEGINNING THE PLENVU

Step 1:

- Starting at 5pm, pour the packet for Dose 1 into the provider container
- Fill the container (to the fill line) with cool water and mix until powder is completely dissolved

Step 2:

- Drink the all of the solution within 1 hour

Step 3:

- Drink 2 more containers of water over the next few hours

It is essential to drink the amount of liquid instructed. If you experience nausea, bloating or cramping, pause or slow the rate of drinking the additional water until symptoms diminish.

THE DAY OF THE PROCEDURE

Step 4:

- Starting 6 hours prior, pour packets A and B for Dose 2 into the provider container
- Fill the container (to the fill line) with cool water and mix until powder is completely dissolved

Step 5:

- Drink the all of the solution within 1 hour

Step 6:

- Drink 2 more containers of water over the next few hours

It is essential to drink the amount of liquid instructed. If you experience nausea, bloating or cramping, pause or slow the rate of drinking the additional water until symptoms diminish.

YOU MUST COMPLETE STEP 6 AND STOP ALL LIQUIDS 4 HOURS PRIOR TO YOUR ARRIVAL.