

# Plenvu Prep Instructions for Colonoscopy

Please carefully read over the prep instructions for your upcoming colonoscopy. If you have any questions please contact the office at 913-495-9600 & ask to speak with your doctor's scheduler.

**Step 1: Seven days before the procedure:** Do not take any iron medications, multivitamins with iron, aspirin, Ibuprofen (Advil, Motrin), or Naproxen (Aleve). It is okay to use Tylenol as needed. Continue to take all your medication except Coumadin or other blood thinning agents. If you are unsure whether your medication thins your blood, contact our office.

**Step 2: Three days before the procedure:** Do not eat corn, tomatoes, cucumbers, nuts, popcorn, or other food items with seeds.

**Step 3: The day BEFORE your procedure:** You will need to be on a clear liquid diet **ALL DAY LONG**. **Clear liquid consists of water, tea, coffee (without cream or milk), soda (Coke, Pepsi ok to have), clear juices (i.e. apple, pure cranberry, or white grape), broth, bouillon, popsicles, Jell-O, and sports drinks.**  
**\*\*\*NO LIQUIDS that contain the following dyes: red, blue, or purple\*\*\***

## **Step 4: The day before your procedure:**

At \_\_\_\_\_ AM/PM on \_\_\_\_\_, begin drinking the first dose of the prescription laxative **PLENVU** as follows:

1. Use the mixing container provided 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 to 3 minutes. Take your time-slowly finish the dose within 30 minutes.
2. Refill container with at least 16 ounces of **water**. Again, take your time and slowly finish all of it within 30 minutes.
3. CONTINUE DRINKING CLEAR LIQUIDS AS DESIRED UNTIL YOU START THE SECOND DOSE

## **Step 5: The day OF your procedure:**

At \_\_\_\_\_ AM/PM on \_\_\_\_\_ the day of your procedure, **DO the following steps below:**

1. Use the mixing container provided 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's completely dissolved. This may take up to 2 to 3 minutes. Take your time-slowly finish the dose within 30 minutes.
2. Refill container with at least 16 ounces of **water**. Again, take your time and slowly finish all of it within 30 minutes.

**DO NOT EAT/DRINK ANYTHING AFTER \_\_\_\_\_ or your procedure CANNOT be done.**

**If you currently take blood pressure and/or cardiac medication take \_\_\_\_\_ HOURS prior to procedure time, with a small amount of water.**

Resume the rest of your medication **after** the procedure is complete.

Do not chew gum or tobacco.

YOU WILL BE SEDATED FOR THIS PROCEDURE. IT IS NECESSARY TO HAVE SOMEONE STAY WITH YOU AT THE APPOINTMENT AND DRIVE YOU HOME. YOU WILL NOT BE ABLE TO DRIVE OR RETURN TO WORK FOR THE REMAINDER OF THE DAY.

48-HR CANCELLATION REQUESTED. PLEASE BRING YOUR INSURANCE CARD(S) AND A PHOTO ID TO THIS APPOINTMENT.