

**COLONOSCOPY PREP INSTRUCTIONS USING PLENVU  
(IF YOUR PROCEDURE IS BEFORE 12:00 NOON)**

Several days prior to your procedure fill your prescription for PLENVU at your pharmacy. Please follow all instructions carefully to ensure a good prep.

**For 3 DAYS PRIOR TO COLONOSCOPY:**

Avoid eating corn, seeds, popcorn, nuts & pits.

STOP any IRON supplements & FISH OIL medication.

**1 DAY PRIOR TO YOUR PROCEDURE:**

Drink only 'clear liquids' for breakfast, lunch and dinner. No solid foods or dairy products are allowed.

**\*THIS PREP IS A SPLIT DOSE REGIMEN – 2 SEPARATE DOSES\***

**At 6:00 pm:** Drink one dose of Plenvu. Use the mixing container to mix the contents of the Dose 1 pouch with 16 ounces of water until completely dissolved. Drink dose 1 within 30 minutes followed by 16 ounces of a clear liquid.

<p><b><u>'Clear Liquids' Include:</u></b> Strained Fruit Juices (No pulp) e.g. Apple, White Grape, Lemonade Water Clear Broth or Bouillon Coffee or Tea (No Milk or Non-Dairy Creamer) All the following that are NOT colored RED or PURPLE: Gatorade or Powerade Carbonated and Non-Carbonated Soft Drinks Kool-Aid or Other Fruit-Flavored Drinks Plain Jell-O, Ice Popsicles</p>	<p><b><u>NOT Clear liquids:</u></b> Milk Juice with pulp Alcohol Anything you cannot see through</p>
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**Five (5)** hours prior to leaving for the endoscopy center, drink the second half of your prep. Mix Dose 2 (Pouch A & B) until completely dissolved. Drink within 30 minutes followed by 16 ounces of a clear liquid. (For example, if you plan to leave for the endoscopy center at 9.00 am the second half should be consumed between 4.00 am and 5.00 am). It **MUST** be completed 4 hours prior to your procedure.

**Nothing to eat or drink for 4 hours before your procedure. This includes hard candy, chewing gum, water, your prep, etc. Eating or drinking may result in cancellation or delay of your procedure.**

**TIPS:**

You will need to stay near a toilet during your prep, you will have diarrhea.

It is very important to continue to stay hydrated by drinking clear liquids before, during and after your prep.