**COLONOSCOPY PREP INSTRUCTIONS USING PLENVU**

**(IF YOUR PROCEDURE IS AFTER 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:**

You may eat a low residue breakfast and lunch until 1:00 pm, (i.e. scrambled

eggs, plain white toast, white rice, chicken or fish. NO whole grains, cereals,

oatmeal or nuts.)

**1:00 pm** onwards, you may drink only CLEAR LIQUIDS. NO solid foods or dairy

are allowed.

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

**At 8:00 pm:** Using the mixing container, mix the contents of Dose pouch 1 with 16 ounces of water. Make sure the mixture is completely dissolved. Complete drinking the entire contents within 30 minutes followed by 16 ounces of a clear liquid.

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| **Clear Liquids’ Include:**  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 | **NOT Clear liquids:**  Milk  Juice with pulp  Alcohol  Anything you cannot see through. |

**DAY OF PROCEDURE:**

**Five (5)** hours prior to your procedure, mix the packet labelled Dose 2 (Pouch A & B) with 16 ounces of water until completely dissolved. Finish within 30 minutes. Follow with another 16 ounces of a clear liquid.

**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.