

COLONOSCOPY – DIET AND LAXATIVE BOWEL PREPARATION – PLENVU

US Digestive Health 215.402.0600

*** 7 DAYS PRIOR TO YOUR PROCEDURE:** Review Medication handout, obtain laxative preparation

*** 3 DAYS PRIOR TO YOUR PROCEDURE:** AVOID WHOLE GRAINS, NUTS, CORN, POPCORN & SEEDS

WHAT TO EXPECT AFTER TAKING PREPARATION.

- Most start having bowel movements within an hour or two of starting the laxative, but sometimes longer. Stay close to a bathroom. Most have multiple bowel movements which become watery like diarrhea.
- After the second dose and before you leave to come to the appointment the stools should become clear of solid material and **should look like urine in the toilet water, clear or yellowish, NOT brown.**

Bloating, chills and/or nausea and vomiting are not uncommon after the first few glasses. This is usually temporary and improves. If you develop persistent vomiting, severe discomfort or bloating, stop taking the prep for a while until the symptoms go away. If vomiting persists, stop the preparation and call our office 215-402-0600

FOLLOW THESE DIRECTIONS AND NOT ANY OTHERS FROM PREP KIT, INTERNET, ETC.

1 DAY BEFORE YOUR PROCEDURE: START PREP. NO SOLID FOOD AFTER NOON

PREP / CLEAR LIQUIDS ONLY NO SOLID FOOD	BEFORE 12 NOON	NO FIBER DIET – only milk, yogurt, white bread, cheese, plain eggs, cottage cheese AND/OR CLEAR LIQUIDS (see below)
	BETWEEN 12 NOON AND 3 HOURS BEFORE ARRIVAL TIME	CLEAR LIQUIDS ONLY- liquids you can see through. No pulp, No RED or PURPLE Water, Clear beverages / soda / sport drinks / fruit juices without pulp, Coffee or Tea (no milk, creamer or cream), Jell-O, Popsicles, Water ice, Clear hard candy, Clear broth
	5-7 PM to Bedtime FIRST DOSE OF PREP	<ul style="list-style-type: none"> • Mix contents of PlenVU Dose Pouch 1 with 16oz of water by shaking or using a spoon until it is completely dissolved. This may take up to 2 to 3 minutes. Take your time and finish it ALL within 30 minutes. • Refill the container with water and drink it all over the next hour • Drink at least an additional 16-ounces of clear liquid before bedtime. Drinking more usually leads to a better preparation and complete and thorough examination

DAY OF YOUR PROCEDURE: NO SOLID FOOD. NO SMOKING. NOTHING IN MOUTH FOR 3 HOURS BEFORE

PREP / CLEAR LIQUIDS ONLY NO SOLID FOOD NO SMOKING	FIVE (5) hours _____AM/PM until 3 hours before arrival time SECOND DOSE OF PREP	<ul style="list-style-type: none"> • Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 oz of water until it is completely dissolved. Finish the dose within 30 minutes. Drink ALL of the solution. • Immediately refill the container with 16 ounces of clear liquid. Drink all of it within the next 30 minutes • You may drink as much additional clear liquids as you want no later than 3 hours before arrival time. • Take any necessary morning medications no later than three hours prior to the arrival time
	THREE (3) hours _____AM/PM before arrival time until after procedure	<ul style="list-style-type: none"> • PUT NOTHING IN YOUR MOUTH UNTIL AFTER PROCEDURE. • No food, no drink, no medicine, no gum, no candy, nothing to smoke.

For questions about the preparation, medications or to reschedule your appointment, call 215-402-0600 between 8:30AM and 4:00PM