

## **PLENVU Constipation PM - Colonoscopy Preparation Instructions**

**Appointment Date:    Check In Time:    Procedure Performed by:**

### **You will need:**

- **Plenvu** bowel prep. Please pick up ahead of time. This prescription was sent to your pharmacy when your procedure was scheduled. \*Please contact our office if the prescription is not covered or has a high cost\*
- Please follow these instructions and not what is included with your prep kit.
- **Magnesium Citrate** - One 10oz. bottle (No Red). This is available over the counter in the laxative section.
- **Gas-X Extra Strength** tablets/capsules/chewable (Ok if tablets are pink) or generic equivalent (simethicone 125mg). Purchase over-the-counter. You will need 8 of these.

**Special Medication and Diabetic Directions: See separate instructions.**

### **One week before**

Stop taking iron pills, vitamins or herbal supplements in the pill form.

Take your usual prescription medication during prep unless told not to.

Aspirin, Ibuprofen and Tylenol are OK if needed.

Avoid foods with seeds (flax seeds, popcorn, nuts and berries). They clog the colonoscope.

### **Two days before**

Stop taking fiber supplements: Metamucil, Citrucel, etc.

**When you awake, begin Clear Liquid Diet. No Solid Food.** You may have: water, coffee, tea, (No milk or creamers) clear fruit juices without pulp or cloudiness or clear broth, soda pop, Gatorade, chicken bouillon, popsicles, and JELL-O.

Avoid the color **red** in all liquids. Avoid alcohol.

**5:00 pm:** Drink the 10 oz. bottle of Magnesium Citrate (No Red) followed by a full glass of water.

### **1 Day before your colonoscopy**

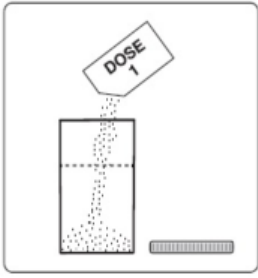
**Continue Clear Liquid Diet. No Solid Food.**

NO SOLID FOOD. You may have: water, coffee, tea, (No milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon, popsicles, and JELL-O. Avoid the color **red** in all liquids. Avoid alcohol.

**6:00 PM:** Take **Dose 1. See below steps.**

### **Dose 1:**

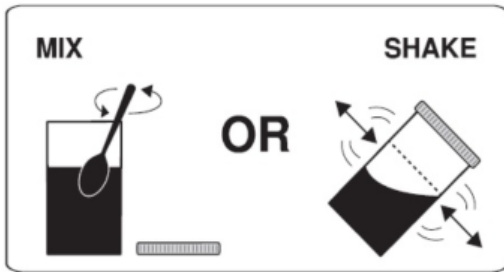
**Step 1a:** Empty Dose 1 into the mixing container that comes with your PLENVU.



**Step 1b:** Add water to the fill line. You will need to add at least 16 ounces.



**Step 1c:** Mix the water and PLENVU together with a spoon or put lid on mixing container securely and shake the water and PLENVU, until it is completely dissolved. This can take 2 to 3 minutes.



**Step 2:** Drink the entire contents of the mixing container over the next 30 minutes.

**Take 4 GasX pills.**

If you feel like you have severe stomach pain or discomfort you can stop taking PLENVU for a short time and then continue taking it or you can take smaller sips of PLENVU so that you space out your dose longer than 30 minutes. If you still have severe stomach pain, call your healthcare provider.

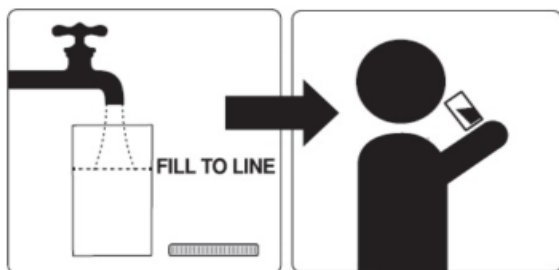


**Step 3:** Rinse the mixing container with water. Refill to the fill line with clear liquids.

This will be at least 16 ounces. Drink the entire contents of the mixing container over the next 30 minutes.

**Continue to drink additional clear liquids during the evening as this is important to help avoid dehydration.**

For a list of clear liquids,  
see examples at the top of the Instructions for Use.



After taking PLENVU if you have any bloating or feeling like your stomach is upset, wait to take Dose 2 until your stomach feels better.

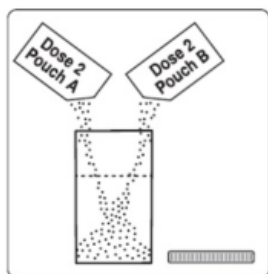
**Day of your colonoscopy - Continue Clear Liquid Diet. No Solid Food.**

**5-6 hours prior to your check in time:**

**Dose 2:**

Rinse the mixing container with water. Repeat Steps 1, 2 and 3 but this time for Dose 2 you will empty two dose pouches

(Dose 2 Pouch A and Dose 2 Pouch B) into the mixing container at the same time.



After drinking your 16 ounces of water mixed with PLENVU and the 16 ounces of the clear liquids, **it is important that you drink additional clear liquids to help avoid dehydration.** For a list of clear liquids, see examples at the top of the Instructions for Use.

**Take 4 GasX pills.**

**You must stop drinking all liquids at least 2 hours before your colonoscopy.**

Take your regular morning medications at least 2 hours before your appointment.

**No chewing tobacco for 6 hours prior to procedure.**

**DO NOT put ANYTHING in your mouth the 2 hours before your procedure.**

This includes but is not limited to: bowel prep, medication, hard candy, and chewing gum.

**No Food. No Drink. 2 hours.**

You also need to arrange for an **adult driver** that is able to walk on their own, help you in and out of a car, drive you home and remain with you for 6 hours. **If these instructions have not been followed your appointment may be**

**delayed or cancelled.** If you received these instructions by email, you will also receive an attachment with additional important information.