

Colonoscopy

Plenvu Preparation Instructions

READ IMMEDIATELY

A prescription for the Plenvu Bowel Prep Kit will be sent to your pharmacy and should be picked up at least 2 days before the procedure.

For **four (4) days** prior to your procedure **avoid** salads, raw fruits & vegetable, nuts and seeds.

If you are a **DIABETIC** or on **blood thinners** (e.g. Coumadin, Plavix), contact our office for specific instructions. If you take aspirin, you may continue to take it. **Stop iron supplements** at least 5 days before the procedure. Take all other medications as usual, including *blood pressure* medications.

DAY BEFORE PROCEDURE

CLEAR LIQUIDS ONLY! No solid food is allowed until after your procedure is completed. You may take your medications. (Examples of clear liquids: water, carbonated beverages, strained fruit juices, coffee, tea, broth, bouillon, gelatin). **Nothing red in color.** No milk products, alcoholic beverages, hard candy or gum.

At **5:00 pm** mix packet labeled Dose 1 in container provided with 16 oz of water. Mix with a spoon or put lid on mixing container and shake until powder is completely dissolved. Drink the Plenvue right from the bottle over the next 30 minutes. Rinse the mixing container and refill with clear liquids (16 oz). Drink this over the next 30 minutes. You may continue to drink clear liquids until 4 hours prior to the procedure.

DAY OF PROCEDURE

Five (5) to Six (6) hours *prior* to your scheduled procedure mix both Dose 2 packets (pouch A and B) in mixing container. Drink the contents over the next 30 minutes. Rinse the mixing container and fill with clear liquids (16 oz) and drink over the next 30 minutes. Finish the liquids 4 hours before your scheduled procedure time, then nothing more to eat or drink before your procedure.

***** Any questions please call (585) 720-1550. *****