

PLENVU Bowel Prep Kit

Instructions for Colonoscopy Bowel Prep

****READ INSTRUCTIONS CAREFULLY AT LEAST 5 DAYS PRIOR TO PROCEDURE****

DO NOT EXCEED RECOMMENDED DOSE AS SERIOUS SIDE EFFECTS MAY OCCUR

Your physician will provide you with a prescription and you need to obtain your Plenvu prep kit from your pharmacy.

NOTE: Individual responses to laxatives vary. This prep should cause multiple bowel movements. It often works within 30 minutes but may take up to several hours. **Please remain within easy reach of a toilet.**

MANUFACTURER'S INSTRUCTIONS MAY DIFFER, PLEASE FOLLOW THE INSTRUCTIONS BELOW.

◆ **Blood thinners - contact Kayla at physician's office if you take prescription blood thinners at home.**

- ◆ Discontinue any fiber supplements and stop eating popcorn at least five days prior to procedure.
- ◆ If you take narcotics, or suffer from chronic constipation, take Miralax twice a day for five days prior to procedure
- ◆ Multiple bowel movements may irritate the anal area. Clean thoroughly after each bowel movement to reduce irritation. A diaper rash ointment may be used, if desired. However, do not wear ointment to your appointment.
- ◆ Do not take iron pills for the 3 days prior to your colonoscopy.

DAY BEFORE COLONOSCOPY - Clear Liquids ONLY

1) Drink ONLY "clear liquids" this entire day. **Solid foods, milk, or milk products are not allowed. Consume at least 2 liters of clear liquids. Clear liquids include:**

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| * Slush, Icee, popsicle (no red colors) | * Water |
| * Gatorade, Kool-Aide, other fruit flavored drinks (no red) | * Coffee, tea (no creamer or milk) |
| * Clear broth, boullion or clear soup (no noodles) | * Carbonated & non-carbonated sodas (no reds) |
| * Strained fruit juices without pulp (apple, white grape, etc.) | * Clear Ensure |
| *Jello without fruit or toppings (no reds) | * Ice |

2) Take your usual medications, except blood thinners. Get additional instructions on blood thinner from physician's office.

3) At 6:00 PM, take the first dose of Plenvu:



A. Use the mixing container to mix the contents of Dose 1 pouch with at least 16 oz water by shaking or using a spoon until it is completely dissolved. This may take 2 or 3 minutes. Take your time but finish the dose within 30 minutes.

B. Refill the container with at least 16 oz of a clear liquid (listed above). Again, finish all of it within 30 minutes.

DAY OF EXAMINATION

1) **FOUR HOURS BEFORE** leaving for your scheduled appointment (earlier if you have a long drive) take the second dose.



A. Use the mixing container to mix the contents of Dose 2 (pouch A and B) with at least 16 oz of water by shaking or using a spoon until completely dissolved. Make sure it is mixed thoroughly. Drink contents slowly but finish within 30 minutes.

B. Refill the container with at least 16 oz of a clear liquid listed above. Again, finish the liquid within 30 minutes. You should be finished taking your prep one hour after starting it.

2) After drinking the solution and following with 16 oz of clear liquid, as listed above, **DO NOT DRINK ANYTHING ELSE PRIOR TO YOUR EXAM.**

3) **Take heart and blood pressure medications as normal. Do not take diuretics. Consult with prescribing physician about diabetic medications.**

4) Arrive at your scheduled time. The average length of stay is approximately 2 hours.

NOTE: The laxative prep is intended to evacuate your colon. Ideally, your bowel movements prior to leaving your home should be fairly clear. You should be able to see the bottom of the toilet. Mucous, sediment and color tint are normal. If bowel movements are dark or have substance, please give yourself one or two Fleets enemas or call office for additional instructions.