

Instructions for Colonoscopy Preparation with PLENVU®

FOLLOW THE PREP INSTRUCTIONS BELOW AND NOT THE ONES THAT ARE ON THE BOX:

What you will need to successfully complete this Prep:

- Plenvu Prescription - Sent to your pharmacy
- Clear Liquids - Suggestions/Examples in Colonoscopy Brochure
- Simethicone 180mg Soft-Gel Tablets - Over The Counter
 - Examples:
 - Gas-X
 - Phazyme
 - Mylicon

DAY BEFORE YOUR PROCEDURE:

- Soft light diet until 10:00am
 - *Ex: Eggs, plain oatmeal, pudding, soup, apple sauce*
- **After 10:00am**, clear liquids only. **Do not** have anything red or purple, no dairy, no solids

EVENING BEFORE YOUR PROCEDURE:

1. At 4:00pm, take 2 Simethicone Soft-Gel Tablets and then begin your prep.
2. Empty Dose 1 (*Mango*) pouch into the disposable container and add 16 ounces of water to the line on the container. Mix/Shake until powder is dissolved. *It may take up to 2-3 minutes to dissolve.*
3. Drink solution within 30 minutes.
4. Drink at least 16 ounces of clear liquids of your choice after you drink the solution.
5. Continue clear liquids the remainder of the evening/night.

THE DAY OF YOUR PROCEDURE:

1. 6 hours prior to your arrival time, take 2 Simethicone Soft-Gel Tablets and then begin the second part of your prep.
2. Empty Dose 2 (Fruit Punch) pouch A and pouch B into the same disposable container. Add 16 oz of water to the line on the container. Mix/Shake until powder is dissolved. It may take up to 2-3 minutes to dissolve.
3. Drink solution within 45 minutes. Follow by at least 16 ounces of clear liquid.
4. Continue clear liquids.
5. **4 hours prior to your arrival time, you can not have anything by mouth.**

If you have any questions, please call our office, 860-347-4620