

PLENVU Colonoscopy Preparation

Preparing for your procedure

Your colonoscopy is scheduled for: _____ Please check in at: _____ a.m./p.m.

Day

Date

Show your current insurance card and photo ID at check-in.

Doctor: _____ Pharmacy: _____

What you'll need	3 days before your procedure	1 day before your procedure
<p>Your prescription bowel preparation will be available at the pharmacy written in above 5 to 7 days before your procedure. Call the pharmacy to confirm that your prescription was received.</p>	<ul style="list-style-type: none"> Start eating a low-fiber diet. A low-fiber diet helps make the bowel preparation more effective. See the handout <i>Low-Fiber Diet Guidelines</i> (#20953). Stop taking fiber supplements (Benefiber, Citrucel, Metamucil, FiberCon). 	<ul style="list-style-type: none"> See "Tips for colon cleansing" in the handout <i>Colonoscopy: What to expect</i> (#13060). Don't eat any solid food. Begin a clear-liquid diet. Clear liquids are liquids that look like colored water and you can see through at room temperature. Don't drink any red or purple liquids. The color may interfere with your procedure.
<h3 data-bbox="176 737 651 773">7 days before your procedure</h3> <ul style="list-style-type: none"> Talk to your primary care clinician about stopping any: <ul style="list-style-type: none"> » Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), edoxaban (Savaysa), rivaroxaban (Xarelto) or warfarin. » Antiplatelet medications, such as clopidogrel (Plavix), prasugrel (Effient) or ticagrelor (Brilinta). Ask your primary care clinician for instructions if you: <ul style="list-style-type: none"> » Take insulin for diabetes. » Have heart valve disease or had heart valve replacement. Stop taking iron (ferrous sulfate) and multivitamins that contain iron. Arrange to have a trusted adult drive you home after your procedure or ride with you by bus, taxi or ridesharing service. Don't ride a motorcycle. 	<h3 data-bbox="814 857 1285 893">2 days before your procedure</h3> <ul style="list-style-type: none"> Continue eating a low-fiber diet. Drink at least eight 8-ounce (237-milliliter) glasses of water throughout the day. Cross out each square as you drink a glass. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't drink any alcoholic beverages. Complete the health history form (if a form was given to you). Don't eat any solid food after midnight. For example, if your procedure is Monday, stop eating at 12 a.m. Sunday. 	<p>You may have any of the following:</p> <ul style="list-style-type: none"> » Water, clear broth or bouillon, coffee or tea without milk or nondairy creamer » Gatorade or Powerade noncarbonated sports drinks—Regular Gatorade, regular Powerade, Gatorade G2 and Powerade Zero are OK. Choose a green-, yellow- or clear-colored flavor. Don't use powdered Gatorade. » Pedialyte, Propel Electrolyte Water, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices without pulp (apple, white grape, white cranberry) » Jell-O, Popsicles and hard candy

continued

1 day before your procedure (continued)

- Drink at least eight 8-ounce glasses of water throughout the day. Cross out each square as you drink a glass.
- If you want to drink a chilled solution of PLENVU, mix the solution ahead of time (instructions below) and refrigerate it before drinking. Don't add ice to the solution or in your glass.
 - » Be aware: You **must** drink the solution within 6 hours after mixing with water.
- **Between 4 p.m. and 8 p.m.**, prepare and drink your 1st dose of PLENVU.
 - » Empty the contents of Dose 1 pouch into the mixing container that comes with PLENVU.
 - » Add water to the fill line on the mixing container (at least 16 ounces or 473 milliliters). **Don't add anything else to the PLENVU solution.**
 - » Thoroughly mix with a spoon or shake with the lid on securely until completely dissolved (may take 2 to 3 minutes).
 - » **Drink the solution as follows—don't follow the directions on the container:**
 - Drink the solution over the next 30 minutes until it's all gone.
 - If you experience nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. If prescribed, take ondansetron hydrochloride (Zofran) if needed for nausea according to the label. Then continue drinking the solution. Expect to have diarrhea. You may feel chilled.
 - Refill the mixing container to the fill line (at least 16 ounces) with a clear liquid. Drink all of this liquid over the next 30 minutes.
- Continue to drink clear liquids throughout the evening. Drinking clear liquids makes sure you're hydrated well enough and helps your bowel preparation fully clean out your colon.

Day of your procedure

- **Four hours before leaving your home for your procedure**, prepare and drink your 2nd dose of PLENVU.
 - » Empty the contents of Dose 2 Pouch A and Dose 2 Pouch B into the mixing container that comes with PLENVU.
 - » Add water to the fill line on the mixing container (at least 16 ounces). **Don't add anything else to the solution.**
 - » Thoroughly mix with a spoon or shake with the lid on securely until completely dissolved (may take 2 to 3 minutes).
 - » Drink the solution over the next 30 minutes until it's all gone.
 - » If you experience nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. If prescribed, take ondansetron hydrochloride (Zofran) if needed for nausea according to the label. Then continue drinking the solution. Expect to have diarrhea. You may feel chilled.
 - » Refill the mixing container to the fill line (at least 16 ounces) with a clear liquid. Drink all of this liquid over the next 30 minutes.
 - » Stop drinking any clear liquids when you've finished drinking the PLENVU solution **and** the additional 16 ounces (or more) of clear liquids.
- You may take your morning medications with 4 ounces of water, unless your clinician tells you otherwise.
- Your stool should be clear or yellow liquid. If you're unsure whether your colon is clean, call the number on the handout *Gastroenterology and Endoscopy Locations*.
- Bring to your procedure: health insurance card, photo ID, completed health history form (if a form was given to you) and a trusted adult to drive you home or ride with you if you take a bus, cab or ridesharing service.

