

### PlenVu Prep Instructions

**-PlenVu RX has been sent to your pharmacy**

#### 7 Days Prior to the procedure:

- **PLEASE DISCONTINUE** all blood thinning and anti-inflammatory medications. This includes, but not limited to, Coumadin, Plavix, Iron supplements, Multi-Vitamins (Vitamin E) and Fish oil. Also discontinue any NSAIDS (nonsteroidal anti-inflammatory drugs) such as, but not limited to, aspirin, aspirin type products, IBuprofen, Aleve, Advil, etc. **\*TYLENOL MAY BE TAKEN\***
- If your doctor has prescribed any of the medications listed above, please consult with your doctor before discontinuing.
- If you are diabetic, check with your primary care doctor regarding diet and medication instructions.

#### 3 Days prior to the procedure:

- AVOID- Corn, Nuts, popcorn, foods with seeds, and large amounts of red meat.
- Drink plenty of liquids to be well hydrated. This will be helpful for the tolerance of the colonoscopy prep.

#### Day before the procedure: SUN MON TUES WED THURS FRI

- Do not drink alcohol
- Do not eat any solid food. **ONLY CONSUME CLEAR LIQUIDS.**
- **DOSE 1:** \_\_\_\_\_ Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2-3 minutes. Take your time-slowly finish the dose within 30 minutes.  
**\*REFILL** the container with at least 16 ounces of clear liquid of your choice. Again, take your time and slowly finish all of it within 30 minutes.
- **DOSE 2:** \_\_\_\_\_ Use the mixing container to mix the contents of DOse 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2-3 minutes. Take your time - slowly finish the dose within 30 minutes.  
**\*REFILL** the container with at least 16 ounces of clear liquid of your choice. Again, tae your time and slowly finish all of it within 30 minutes.
- CONTINUE clear liquids

#### Day of procedure:

- You will continue a clear liquid diet up until FOUR HOURS prior to your scheduled procedure time.

**\*\*NOTHING TO DRINK FOUR HOURS PRIOR TO YOUR SCHEDULED PROCEDURE TIME\*\***



Adam Lowe, MD FACG  
Rajan Khosla, MD  
Joseph Daniel Davis, MD  
Sajiv Sethi, MD  
Abby Nasternak, PA

Take your usual blood pressure and heart medication prior to fasting period. If you have asthma, please bring your inhalers with you.

Attached you will find a list of the clear liquids that are permitted while on this diet. Deviating from this diet will prevent adequate preparation of the colon for the exam and can result in needing to repeat the procedure at a later date.

You will need to be close to a bathroom. You will have progressively looser bowel movements over the next several hours. Individual responses to laxatives vary. This preparation will cause multiple bowel movements. Consider using **Vaseline, Aquaphor or diaper rash cream/ zinc oxide** around the anal opening before starting the prep and after each bowel movement to minimize irritation from passing many bowel movements.

\*\*Make arrangements for a responsible adult or medical transport to drive you home after your colonoscopy. You may **NOT** use a bus, taxi, or a rideshare application such as an Uber, without a responsible adult to accompany you to your home. You are **NOT** to drive for the remainder of the day. Please expect to spend up to **3 hours** (from check in time) at the facility.

### **CLEAR LIQUID DIET**

#### **Beverages:**

Coffee (no cream)  
Tea  
7UP / Sprite/ Ginger Ale  
Apple Juice/ White grape juice  
Lemon-Lime Gatorade / Crystal Light  
Lemonade

#### **Soups:**

Bouillon  
Fat Free chicken broth  
Clear broth

#### **Sweets & Desserts:**

Apple sauce  
Honey  
Sugar  
Green/Yellow/ White Popsicles  
Butterscotch Candy  
Hard Candy (Green, Yellow, or Clear)  
Jolly Ranchers (Green, Yellow, or Clear)  
Jell-o (Plain, Lemon Lime, or Pineapple (no chunks))

**NO SOLID FOODS  
CLEAR LIQUIDS ONLY  
NO RED, PURPLE, OR BLUE DYES.**