

COLONOSCOPY PREP INSTRUCTIONS USING PLENVU (IF YOUR PROCEDURE IS AFTER 12:00 NOON)

Several days prior to your procedure fill your prescription for **PLENVU** at your pharmacy. Please follow all instructions carefully to ensure a good prep.

For 3 DAYS PRIOR TO COLONOSCOPY:

Avoid eating corn, seeds, popcorn, nuts & pits.
STOP any IRON supplements & FISH OIL medication.

1 DAY PRIOR TO YOUR PROCEDURE:

You may eat a low residue breakfast and lunch until 1:00 pm, (i.e. scrambled eggs, plain white toast, white rice, chicken or fish. NO whole grains, cereals, oatmeal or nuts.)

1:00 pm onwards, you may drink only CLEAR LIQUIDS. NO solid foods or dairy are allowed.

*THIS PREP IS A SPLIT DOSE REGIMEN – 2 SEPARATE DOSES *

At 8:00 pm: Using the mixing container, mix the contents of Dose pouch 1 with 16 ounces of water. Make sure the mixture is completely dissolved. Complete drinking the entire contents within 30 minutes followed by 16 ounces of a clear liquid.

<p>Clear Liquids' Include: Strained Fruit Juices (No pulp) e.g. Apple, White Grape, Lemonade Water Clear Broth or Bouillon Coffee or Tea (No Milk or Non-Dairy Creamer) All the following that are NOT colored RED or PURPLE: Gatorade or Powerade Carbonated and Non-Carbonated Soft Drinks Kool-Aid or Other Fruit-Flavored Drinks Plain Jell-O, Ice Popsicles</p>	<p>NOT Clear liquids: Milk Juice with pulp Alcohol Anything you cannot see through.</p>
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DAY OF PROCEDURE:

Five (5) hours prior to your procedure, mix the packet labelled Dose 2 (Pouch A & B) with 16 ounces of water until completely dissolved. Finish within 30 minutes. Follow with another 16 ounces of a clear liquid.

Nothing to eat or drink for 4 hours before your procedure. This includes hard candy, chewing gum, water, your prep, etc. Eating or drinking may result in cancellation or delay of your procedure.

TIPS:

You will need to stay near a toilet during your prep, you will have diarrhea.

It is very important to continue to stay hydrated by drinking clear liquids before, during and after your prep.