

# PLENVU COLONOSCOPY PREP

Your procedure is scheduled for:

Date: \_\_\_\_\_ Place: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ Physician: \_\_\_\_\_

**Three days before the procedure, begin a LOW RESIDUE DIET (see low residue diet instructions)**

**One day Before the Procedure:**

- **Do not eat anything solid.** Follow the **clear liquid diet** instructions.
- Clear liquids include water, black coffee, tea, apple juice, white grape juice, soda, Jell-O, popsicles, broth, and drinks. **DO NOT** drink milk or use non-dairy creamer. **DO NOT** drink anything colored red or purple. **DO NOT** drink alcohol.
- Use the mixing container to mix the **Dose 1 Plenvu pouch** with 16 ounces of water until it is completely dissolved. Refrigerating the prep may make it easier to drink.

**The Evening Before the Procedure at 5:00pm:**

- **Begin drinking dose 1 of the prep.** Take your time and finish the dose within 30 minutes.
- Refill the container with at least 16 ounces of water and drink it. Again, finish it within 30 minutes.

**The Day of the Procedure:**

- **Do not eat.**
- Mix **dose 2** as before. (See above.)
- **Begin drinking dose 2 at least 4 hours before the procedure.** (If your procedure is scheduled earlier than 9:00 AM, you may take all the prep the night before.)
- Refill the container with at least 16 ounces of water and drink it. Again, take your time and finish it within 30 minutes.
- You may have clear liquids until 2 hours before your arrival time. Do not chew gum, smoke or chew tobacco. **Do not drink anything within 2 hours of your arrival time.**

**Important:**

- You will not be able to drive after your procedure. **You will need a driver** to stay during your procedure and to drive you home afterward.
- Avoid iron supplements for 1 week before the procedure.
- If you take aspirin for heart protection, **DO NOT** stop taking it.
- If you normally take medication in the morning for high blood pressure or seizures, please take it as usual at least 2 hours before arrival.
- Please notify your doctor at least one week before the procedure if you take warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.

**Please call the office during regular business hours for any questions.**

**918-438-7050, M-Thurs 8:00am – 4:30pm, Friday 8:00am-3:00pm**