

# PLENVU Bowel Prep Kit

## Instructions for Colonoscopy bowel prep

**READ INSTRUCTIONS CAREFULLY AT LEAST 5 DAYS PRIOR TO PROCEDURE**  
**DO NOT EXCEED RECOMMENDED DOSE AS SERIOUS SIDE EFFECTS MAY OCCUR**

Your physician will provide you with a prescription and you need to obtain your Plenvu prep kit from your pharmacy.

**NOTE:** Individual responses to laxatives vary. This prep should cause multiple bowel movements. It often works within 30 minutes but may take up to several hours. **Please remain within easy reach of a toilet.**

### MANUFACTURER'S INSTRUCTIONS MAY DIFFER, PLEASE FOLLOW THE INSTRUCTIONS BELOW:

Multiple bowel movements may irritate the anal area. Clean thoroughly after each bowel movement to reduce irritation. A diaper rash ointment may be used, if desired. However, do not wear ointment to your appointment.

### DAY BEFORE COLONOSCOPY

1) Drink **ONLY** "clear liquids" this entire day. **Solid foods, milk or milk products are not allowed.**

**Consume at least 2 liters of clear liquids. Clear liquids include, but are not limited to:**

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|--|---|
| <input checked="" type="checkbox"/> Slush, Iced, popsicle (no red colors)                        | <input checked="" type="checkbox"/> Water   |
| <input checked="" type="checkbox"/> Clear broth, bouillon or clear soup (no noodles)             | <input checked="" type="checkbox"/> Coffee, tea (no creamer or milk)                        |
| <input checked="" type="checkbox"/> Gatorade, Kool-Aide, other fruit flavored drinks (no red)    | <input checked="" type="checkbox"/> Carbonated & non-carbonated sodas (no reds)             |
| <input checked="" type="checkbox"/> Strained fruit juices without pulp (apple, white grape, etc) | <input checked="" type="checkbox"/> <u>Clear Ensure</u> , Gatorade, sports drinks (no reds) |
| <input checked="" type="checkbox"/> Jello without fruit or toppings (no reds)                    | <input checked="" type="checkbox"/> Ice   |

2) Take your usual medications, except blood thinners. Get additional instructions on blood thinners from physician's office.

3) At 6:00 PM, take the first dose of Plenvu:



- A. 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 2 or 3 minutes. Take your time - slowly finish the dose within 30 minutes.
- B. Refill the container with at least 16 ounces of clear liquid (listed above). Again, take your time and slowly finish all of it within 30 minutes.

### DAY OF EXAMINATION

1) **FOUR HOURS BEFORE** leaving for your scheduled appointment (earlier if you have a long drive) take the second dose:



- A. 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 2 or 3 minutes. Take your time - slowly finish the dose within 30 minutes.
- B. Refill the container with at least 16 ounces of a clear liquid listed above. Again, take your time but finish all of it within 30 minutes.

2) After drinking the solution and following with 16 oz of clear liquid, **DO NOT DRINK ANYTHING ELSE PRIOR TO YOUR EXAM.**

3) **Take heart and blood pressure medications as normal. Do NOT take diuretics. Consult with prescribing physician about diabetic medications.**

4) Arrive at your scheduled time. The average length of stay is approximately 2 hours.

**Note:** The laxative prep is intended to evacuate your colon. Ideally, your bowel movements prior to leaving your home should be fairly clear. You should be able to see the bottom of the toilet. Mucous, sediment and color tint are normal. If bowel movements are dark or have substance, please give yourself one or two Fleets® enemas or call office for additional instructions.