



COLONOSCOPY INSTRUCTIONS

◆419-879-3636◆

PLENVU 2-DAY SPLIT DOSING PREP

****CANCELLATIONS UNDER 48 HOURS OR NO SHOWS may result in a FEE or INABILITY TO RESCHEDULE****
(Please refer to our Financial Policy)

PLEASE READ THESE INSTRUCTIONS CAREFULLY AS SOON AS YOU RECEIVE THEM!!

DATE: _____ **ARRIVAL TIME:** _____ **PROCEDURE TIME:** _____

▪ **The Endoscopy Center of West Central Ohio • 2793 Shawnee Road • Lima, Ohio 45806** ▪

ADDITIONAL INSTRUCTIONS:

GENERAL INSTRUCTIONS:

PLEASE LET US KNOW IF YOU HAVE AN *IMPLANTABLE DEFIBRILLATOR
(A device that will shock the heart if it stops beating)

• **DO NOT EAT CORN OR POPCORN ONE WEEK BEFORE YOUR PROCEDURE.**

• **DIABETIC PATIENTS PLEASE FOLLOW THESE GUIDELINES:**

-**Oral diabetic Medication: DO NOT** take the day before or day of your procedure.

-**Insulin:** Day before your exam take ½ dose in the morning or the afternoon.
NO EVENING DOSES of insulin the day before the exam.

• You will need to have a designated driver, **WHO REMAINS IN THE FACILITY AT ALL TIMES on the day of the procedure**, (not a taxi) as you will be sedated and too sleepy to drive your self home.

• Consider purchasing and preparing items from the clear liquid list ahead of time.

• **YOU WILL NEED TO PURCHASE THE FOLLOWING PRESCRIPTION:**

(1) **PLENVU BOWEL PREP KIT**

THE DAY BEFORE COLONOSCOPY:

1. Drink ONLY CLEAR LIQUIDS the **ENTIRE day** prior to your colonoscopy.

(From the time you wake up until the time you go to bed.)

• **DRINK AT LEAST 2 QUARTS OF CLEAR LIQUIDS TODAY.**

• **Solid foods , Milk, Milk Products are NOT allowed today!**

CLEAR LIQUIDS INCLUDE: (NOTHING RED)

- Strained fruit juices, without pulp
- Clear carbonated and non-carbonated soft drinks. (7-Up, Sprite, etc.)
- (apple, white grape, white cranberry)
- Kool Aid & Fruit flavored drinks
- Water
- Iced Popsicles
- Plain Jell-O / nothing added (NO RED)
- Clear broth (Chicken or Beef)
- UNSWEETENED TEA
- Gatorade (NO RED) • BLACK COFFEE

PREP TIMES:

• **TAKE PLENVU DOSE 1 (MANGO) TIME:** _____

1. Use the mixing container mix the contents of the Dose 1 pouch with at least 16 oz of water & shake or stir until completely dissolved. Slowly drink Dose1 within 30 minutes.

2. Refill the container with at least 16oz of clear liquid. Drink & finish within 30 minutes.

• **TAKE PLENVU DOSE 2 (FRUIT PUNCH) TIME:** _____

1. Use the mixing container to mix the contents of Dose 2 (Pouch A & B) with at least 16 oz of water & shake or stir until completely dissolved. Slowly drink Dose 2 within 30 minutes

2. Refill the container with at least 16 oz of clear liquid. Drink & finish within 30 minutes.

DAY OF THE COLONOSCOPY

• **4 HOURS BEFORE YOU LEAVE YOUR HOME:** Take **Heart, Blood Pressure**, and/or **Seizure Medication** (if normally taken in the morning) with a small sip of water.

• **NOTHING TO EAT OR DRINK 6 HOURS PRIOR TO THE COLONOSCOPY**

• **NO CHEWING GUM OR CHEWING TOBACCO on day of colonoscopy.**

NO SMOKING OR INGESTION OF MARIJUANA OR ALCOHOL OF ANY KIND WITHIN 24 HOURS OF YOUR PROCEDURE or it may be cancelled.

PLENVU 2-DAY SPLIT DOSING TIME SHEET

The following table shows examples of the recommended dosing times for the PLENVU 2-day split dosing option based on the time of the colonoscopy.

COLONOSCOPY TIME	DOSE 1 (EVENING BEFORE)	DOSE 2 (MORNING OF)	NOTHING BY MOUTH AFTER
7:00 A.M.	2:00 P.M.	10:00 P.M.	1:00 A.M.
7:30 A.M.	2:30 P.M.	10:30 P.M.	1:30 A.M.
8:00 A.M.	3:00 P.M.	11:00 P.M.	2:00 A.M.
8:30 A.M.	3:30 P.M.	11:30 P.M.	2:30 A.M.
9:00 A.M.	4:00 P.M.	12:00 A.M.	3:00 A.M.
9:30 A.M.	4:30 P.M.	12:30 A.M.	3:30 A.M.
10:00 A.M.	5:00 P.M.	1:00 A.M.	4:00 A.M.
10:30 A.M.	5:30 P.M.	1:30 A.M.	4:30 A.M.
11:00 A.M.	6:00 P.M.	2:00 A.M.	5:00 A.M.
11:30 A.M.	6:30 P.M.	2:30 A.M.	5:30 A.M.
12:00 P.M.	7:00 P.M.	3:00 A.M.	6:00 A.M.
12:30 P.M.	7:30 P.M.	3:30 A.M.	6:30 A.M.
1:00 P.M.	8:00 P.M.	4:00 A.M.	7:00 A.M.
1:30 P.M.	8:30 P.M.	4:30 A.M.	7:30 A.M.
2:00 P.M.	9:00 P.M.	5:00 A.M.	8:00 A.M.
2:30 P.M.	9:30 P.M.	5:30 A.M.	8:30 A.M.
3:00 P.M.	10:00 P.M.	6:00 A.M.	9:00 A.M.
3:30 P.M.	10:30 P.M.	6:30 A.M.	9:30 A.M.

The patients must stop drinking clear liquids at least 6 hours before the colonoscopy.

Instructions for Dose 1 and Dose 2

- * Mix contents of the dose pouches with at least 16 oz. of water and drink within 30 minutes.
- * Refill the container with at least 16 oz. of clear liquid and drink within 30 minutes.
- * Stay hydrated before, during and after using PLENVU.