Plenvu Checklist for Colonoscopy

1 DAY PRIOR TO PROCEDURE

☐ Begin a clear, liquid diet (i.e clear soup broth, lemon/lime Jell-O, water, coffee, tea, Sprite, Ginger-Ale, apple juice/white grape juice). Avoid liquids with red, orange, blue, or purple food coloring as well as milk, alcohol, and solid foods.

☐ 4PM: Empty Plenvu into a mixing container and fill to the line with water. This will take approximately 16 ounces. Mix with a spoon until completely dissolved and drink all contents in the mixing container over a timeframe of 30 minutes. Once completed, drink at least 16 ounces of a clear liquid over the next 30 minutes.

☐ 8PM: Empty both Pouch A and Pouch B into a clean mixing container. Fill to the line with water. This will take approximately 16 ounces. Drink all contents in the mixing container over a timeframe of 30 minutes. Once completed, drink at least 16 ounces of a clear liquid over the next 30 minutes.

DAY OF PROCEDURE

☐ Avoid eating or drinking unless you have been instructed otherwise.

☐ Take necessary medications with a small sip of water.

☐ Arrive at the hospital at your specified procedure time.

☐ Bring a trusted individual with you or have them arrive following your procedure to drive you home. You are required to have a driver.

Your preferred pharmacy is listed as: ______________________________

This prep will be sent to your pharmacy.
Frequently Asked Questions:

What can I expect as I ingest Plenvu?

*Mild nausea, mild hunger, and/or profuse, watery bowel movements.*

When should I go to the emergency room?

*Call our office if you are unsure if you should visit the emergency room. Bodily responses that may require you to go to the emergency room involve intolerable nausea/vomiting, intolerable abdominal pain, and/or bloody stools.*

May I continue to take my daily aspirin and/or pain medications?

*You may take this the day prior to your procedure, but please do not take the day of your procedure.*

May I continue to use my inhaler?

*Yes. Use your inhaler the morning of your procedure and bring it with you to the hospital.*