



Marietta Memorial Hospital Department of Gastroenterology

Juan Tejada, MD | Shelley Davis, NP | Rosa Nardo, PA

400 Matthew Street, Suite 201 Marietta, OH 45750 | (740) 568-4590 | Fax (740) 568-4592

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.



Marietta Memorial Hospital Department of Gastroenterology

Juan Tejada, MD | Shelley Davis, NP | Rosa Nardo, PA

400 Matthew Street, Suite 201 Marietta, OH 45750 | (740) 568-4590 | Fax (740) 568-4592

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.