



Marietta Memorial Hospital Department of Gastroenterology
Juan Tejada, MD | Ben Scheinfeld, MD | Basile Njei, MD
Shelley Day, NP | Rosa Nardo, PA | Ashley Moore, NP | Ashley Wiggers, NP
400 Matthew Street, Suite 201 Marietta, OH 45750 | (740) 568-4590 | Fax (740) 568-4592
799 Farson Street, Suite 212 Belpre, OH 45714

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.
- Nothing by mouth after midnight**

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.**



Marietta Memorial Hospital Department of Gastroenterology

Juan Tejada, MD | Ben Scheinfeld, MD | Basile Njei, MD

Shelley Day, NP | Rosa Nardo, PA | Ashley Moore, NP | Ashley Wiggers, NP

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

799 Farson Street, Suite 212 Belpre, OH 45714

WHAT TO EXPECT

- Mild nausea or abdominal fullness which is tolerable
- Hunger which is tolerable
- Profuse watery bowel movements

-If you are on a blood thinner (ie: Xarelto, Plavix, Coumadin, Eliquis, Effient, or Brillinta), our clinical staff will contact your prescribing provider for instructions. You will be notified prior to your procedure via phone or mail.

-Check with office if on diabetic medications/insulin. These may need adjusted for the procedure.

You may continue your daily Aspirin or pain medications up until the day of your procedure

If you use an inhaler, use it the morning of your procedure and bring it with you to the hospital

If you are diabetic, please use sugar free products. If you take insulin, cut insulin dose in half during your prep. NO insulin on day of procedure

No vitamins or herbs 7 days prior to procedure

Do not take Ibuprofen or Aleve for 5 days before your procedure. You may take Tylenol.

YOU WILL RECEIVE A CALL THE DAY BEFORE YOUR PROCEDURE, NOTIFYING YOU OF WHAT TIME YOU ARE TO ARRIVE. IF YOU ARE SCHEDULED ON A MONDAY THEN YOU WILL BE CALLED ON THE FRIDAY BEFORE.

Call our office or go to emergency room if you experience Intolerable nausea and/or vomiting, abdominal pain, blood in stool, or any other concerning symptoms.