

COLONOSCOPY PREPARATION: PLENVU BOWEL PREP KIT

- Patients on blood thinners (Coumadin, Xarelto, Eliquis, Plavix etc.) should stop the medication as instructed. This should also be discussed with the prescribing doctor regarding if and when these can be safely held or transitioned to an alternate agent if needed.

SEVEN DAYS BEFORE COLONOSCOPY:

- STOP iron supplements, fish oil, Vitamin E
- STOP Aspirin unless otherwise instructed (patients with a history of heart disease should continue Aspirin)

ONE DAY BEFORE COLONOSCOPY: **Purchase 3 pills of Gas-X extra strength******

DO NOT EAT ANY TYPE OF SOLID FOOD. FOLLOW A CLEAR LIQUID DIET ONLY.

Examples of Clear Liquids:

- | | | |
|--|------------|-----------------|
| • Fruit juices without pulp
(no orange or tomato juice) | • Gatorade | • Soft drinks |
| • Broth or Bouillon | • Jell-O | • Ice Popsicles |
| • Black Coffee or Tea | • Water | • Italian Ice |

NO MILK OR MILK PRODUCTS / NO NUTS OR SEEDS, NO RED OR PURPLE COLORED LIQUIDS

At **5:00 p.m.**, take 2 Gas-X pills followed by first dose of PLENVU.

- Empty DOSE 1 Packet of PLENVU into the mixing container.
- Add cool drinking water to the 16-ounce line on the container and mix.
- Drink ALL of the liquid in the container over 30 minutes.
- You MUST drink (1) 16oz of water over the next 30 minutes. Continue the clear liquid diet.

DAY OF COLONOSCOPY:

- Take 1 Gas-X pills followed by the SECOND dose of PLENVU 5 HOURS before your scheduled procedure time.
- Empty DOSE 2 Packets of PLENVU- POUCH A and B into the mixing container.
- Add cool drinking water to the 16-ounce line on the container and mix.
- Drink ALL of the liquid in the container over 30 minutes.
- You MUST drink (1) 16oz of water over the next 30 minutes. Continue the clear liquid diet.

DO NOT EAT OR DRINK ANYTHING AFTER COMPLETION OF THE SECOND DOSE. YOU MUST BE DONE DRINKING FOUR HOURS PRIOR TO YOUR PROCEDURE

IF YOU **ARE UNABLE** TO KEEP YOUR APPOINTMENT, WE REQUIRE NOTIFICATION NO LATER THAN 48 HOURS BEFORE THE SCHEDULED DATE OF PROCEDURE. CANCELLATION WITHIN 48 HOURS MAY BE SUBJECT TO A NO SHOW FEE.