

**PLENVU Preparation for Colonoscopy**

Name \_\_\_\_\_ Date \_\_\_\_\_ Arrival Time \_\_\_\_\_

Physician \_\_\_\_\_ Location \_\_\_\_\_

- DO NOT TAKE PHENTERMINE FOR 7 DAYS DAYS BEFORE YOUR PROCEDURE
- DO NOT TAKE IRON FOR 5 DAYS BEFORE YOUR PROCEDURE
- IF YOU TAKE ASPIRIN DAILY, DO NOT STOP IT BEFORE YOUR PROCEDURE
- DO NOT SMOKE ON THE DAY OF YOUR PROCEDURE, INCLUDING SMOKING TOBACCO, ELECTRONIC CIGARETTES, MARIJUANA, CIGARS, AND/OR PIPES

\*\*Special Medication Instructions: \_\_\_\_\_

**On the day before your colonoscopy (as soon as you wake up):**

1. Begin a clear liquid diet.

*On your clear liquid diet you may have:*

*Coffee (no cream)*

*Tea*

*Clear fruit juice (apple/white grape)*

*Soft drinks (not red or purple)*

*Popsicles (not red or purple)*

*Water*

*Jell-O (not red or purple)*

*Gatorade (not red or purple)*

*Lemonade (no pulp)*

*Clear broth (chicken or beef)*

2. At 5:00pm, pour the contents of DOSE 1 of the PLENVU Bowel Prep into the mixing container provided. Fill the container with water to the 16 oz. fill line. Allow 2-3 minutes for the powder to dissolve, then drink the entire amount within 30 minutes.
3. Refill container with 16 oz. of water and drink within 30 minutes.

**On the day of your colonoscopy:**

1. At least 4 hours before your arrival time, pour the contents of DOSE 2 (two packets) of the PLENVU Bowel Prep into the container provided. Fill the container with water to the 16 oz. fill line. Allow 2-3 minutes for the powder to dissolve, then drink the entire amount within 30 minutes.
2. Refill container with 16 oz. of water and drink within 30 minutes.
3. You can go ahead and take your usual morning medicines as well unless you have been instructed otherwise by the nurse or scheduler.

**\*\*DO NOT DRINK ANY LIQUIDS FOR AT LEAST 2 FULL HOURS BEFORE YOUR ARRIVAL TIME\*\*  
YOUR DRIVER MUST STAY AT THE CENTER FOR YOUR ENTIRE APPOINTMENT**

Call nursing at 919-791-2040 with any questions

[www.rexdigestivehealthcare.com](http://www.rexdigestivehealthcare.com)