PLENVU Colonoscopy Preparation
Preparing for your procedure

Your colonoscopy is scheduled for: ___________________________  
Please check in at: __________ a.m./p.m.  
___________________________________________________________________________________________________  
DAY     DATE

Show your current insurance card and photo ID at check-in.

Doctor: ___________________________  
Pharmacy: ___________________________

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| Your prescription bowel preparation will be available at the pharmacy written in above 7 days before your procedure. | • Start eating a low-fiber diet. A low-fiber diet helps make the bowel preparation more effective. See the handout Low-Fiber Diet Guidelines (#20953).  
• Stop taking Metamucil or FiberCon fiber supplements. | • See “Tips for colon cleansing” in the handout Colonoscopy: What to expect (#13060).  
• Don’t eat any solid food. Begin a clear-liquid diet. Clear liquids are liquids that look like colored water and you can see through at room temperature.  
• Don’t drink any red or purple liquids. The color may interfere with your procedure. You may have any of the following:  
  » Water, clear broth or bouillon, coffee or tea without milk or nondairy creamer  
  » Gatorade or Powerade noncarbonated sports drinks—Regular Gatorade, regular Powerade, Gatorade G2 and Powerade Zero are OK. Choose a green-, yellow- or clear-colored flavor. Don’t use powdered Gatorade.  
  » Pedialyte, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices without pulp (apple, white grape, white cranberry)  
  » Jell-O, Popsicles and hard candy |

7 days before your procedure
• Talk to your primary care clinician about stopping any:  
  » Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), rivaroxaban (Xarelto) or warfarin (Coumadin).  
  » Antiplatelet medications, such as clopidogrel (Plavix).  
• Ask your primary care clinician for instructions if you:  
  » Take insulin for diabetes.  
  » Have heart valve disease or had heart valve replacement.  
• Stop taking multivitamins and other medications with iron.  
• Arrange for a ride home from a licensed driver after your procedure. Don’t take a bus, cab or ridesharing service unless an adult rides with you. Don’t ride a motorcycle.

2 days before your procedure
• Continue eating a low-fiber diet.  
• Drink at least eight 8-ounce (237-milliliter) glasses of water throughout the day. Cross out each square as you drink a glass.  
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]  
• Don’t drink any alcoholic beverages.  
• Complete the health history form provided along with these instructions.  
• Don’t eat any solid food after midnight.
### 1 day before your procedure (continued)

- Drink at least eight 8-ounce glasses of water throughout the day. Cross out each square as you drink a glass. □□□□□□
- If you want to drink a chilled solution of PLENVU, mix the solution ahead of time (instructions below) and refrigerate it before drinking. Don’t add ice to the solution or in your glass.
  > Be aware: You must drink the solution within 6 hours after mixing with water.
- **Between 4 p.m. and 8 p.m.**, prepare and drink your 1st dose of PLENVU.
  > Empty the contents of Dose 1 pouch into the mixing container that comes with PLENVU.
  > Add water to the fill line on the mixing container (at least 16 ounces or 473 milliliters). **Don't add anything else to the PLENVU solution.**
  > Thoroughly mix with a spoon or shake with the lid on securely until completely dissolved (may take 2 to 3 minutes).
  > Drink the solution over the next 30 minutes until it’s all gone.
  > If you experience nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. Then continue drinking the solution.
  > Expect to have diarrhea. You may feel chilled.
  > Refill the mixing container to the fill line (at least 16 ounces) with a clear liquid. Drink all of this liquid over the next 30 minutes.
- Continue to drink clear liquids throughout the evening. Drinking clear liquids makes sure you’re hydrated well enough and helps your bowel preparation fully clean out your colon.

### Day of your procedure

- **Four hours before** your procedure, prepare and drink your 2nd dose of PLENVU.
  > Empty the contents of Dose 2 Pouch A and Dose 2 Pouch B into the mixing container that comes with PLENVU.
  > Add water to the fill line on the mixing container (at least 16 ounces). **Don't add anything else to the PLENVU solution.**
  > Thoroughly mix with a spoon or shake with the lid on securely until completely dissolved (may take 2 to 3 minutes).
  > Drink the solution over the next 30 minutes until it’s all gone.
  > If you experience nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. Then continue drinking the solution. Expect to have diarrhea. You may feel chilled.
  > Refill the mixing container to the fill line (at least 16 ounces) with a clear liquid. Drink all of this liquid over the next 30 minutes.
  > Stop drinking any clear liquids when you’ve finished drinking the PLENVU solution **and** the additional 16 ounces (or more) of clear liquids.
- You may take your morning medications with 4 ounces of water, unless your clinician tells you otherwise.
- Your stool should be clear or yellow liquid. If you’re unsure whether your colon is clean, call your gastroenterology clinic (see the handout *Gastroenterology and Endoscopy Locations*) before leaving for your procedure.
- Bring to your procedure the following: Health insurance card, photo ID, completed health history form and an adult to drive or ride with you home.

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**Remember**

Drinking the solution quickly is part of how the preparation works.