

## PREPPING FOR YOUR COLONOSCOPY WITH PLENVU

**DO NOT FOLLOW THE PREP INSTRUCTIONS ON THE BOX. FOLLOW AS DIRECTED BELOW**

**CLEAR LIQUID DIET THE ENTIRE DAY PRIOR TO YOUR PROCEDURE (SEE PAGE1)**

### The evening prior to your procedure:

#### **6PM:**

- Complete the following steps using **[Dose 1] 1 PACKET** in your PLENVU kit:
  - Mix **[Dose 1]** Empty 1 packet into mixing container, fill to line with water to at least 16 oz until completely dissolved.
  - Drink ALL the liquid in the cup over 30 minutes.
  - You **MUST** drink one more 16 oz. cup of water. Complete all steps within 1 hour.

#### **9PM: Extra prep:**

- *IF you are not having progressively clear liquid bowel movements by 9 pm, mix and drink 1 dose of miralax every 15 minutes X 4 doses. (1 capful mixed with 8 oz of water)*
- *IF you're not passing clear to yellow liquid by 10 pm, drink another 3 doses of miralax, as directed.*

### The day of the procedure:

#### **5 hours prior to your procedure:**

- Complete the following steps using **[Dose 2] TWO PACKETS label A & B** in your PLENVU kit:
  - Open **[Dose 2] Empty Packet A & Packet B** into 16 oz. of cool drinking water and mix until completely dissolved.
  - Drink ALL the liquid in the cup.
  - You **MUST** drink one more 16 oz. cup of water. Complete all steps within 1 hour.

**NOTHING by mouth 4 hours before your procedure time, INCLUDING WATER!**

**IMPORTANT-** Please note that females of childbearing age or 55 and under will be required to provide a urine sample for a pregnancy test at the time of check-in. If you are unable to provide a urine sample the procedure will be canceled.

Excellent or good bowel preparation is essential for correct diagnosis and further endoscopic management. Below are examples of prepping for your colonoscopy correctly and the results this has on the visibility by the physician during your colonoscopy.

- Example A shows excellent or good bowel preparation
- Example B shows fair colon preparation
- Example C shows poor colon preparation

