

Colonoscopy Preparation with Plenvu

Preparation Instructions: Diet and Medication

7 Days Prior To Procedure

1. Stop aspirin, aspirin containing products , Alka-seltzer, iron supplements, vitamin supplements containing vitamin E & C, garlic, Ginseng, Ginkgo Biloba, Ginger, saw Palmetto, Pepto Bismol, multivitamins, fish oils, or any other herbal supplements.
2. Avoid popcorn, nuts, corn, beans & poorly digestible vegetables (corn, broccoli, etc)
3. Stop non-steroidal inflammatory medications (NSAIDS) such as Motrin, Advil, Aleve, etc. Tylenol is permitted.

3-5 Days Prior To Procedure

- Stop all anti-coagulant or anti-platelet medications. (**Coumadin/Warfarin, Xarelto, Pradaxa, Persantin Lovenox, anti-platelet agents: Ticlid or Plavix.**)

****You must consult with your cardiologist or primary care physician regarding discontinuing these medications.** If you have been instructed to continue any of these medications, you must advise your gastroenterologist prior to the procedure so that he can discuss with your doctor.

On the day before the procedure:

STEP 1: You will need to go on a clear liquid diet the entire day. **NO SOLID FOODS.** You can drink clear liquids up to 3 hours prior to the appointment. Avoid juices with pulp such as orange or grapefruit juice. No dairy products, cream or soy. Coffee and tea are acceptable. Examples of clear liquids include broth or bouillon, Jell-O, clear juices, sports drinks such as Gatorade, sodas such as Sprite, 7-Up, or ginger ale, lemonade, Popsicles, coffee or tea and of course, water. Avoid red or purple colored liquids. You may use sugar, honey or lemon.

Any of the following liquids are OK to drink



Water



Strained fruit juices (without pulp) including apple, orange, white grape, or white-cranberry



Limeade or lemonade



Coffee or tea. DO NOT use any dairy or non-dairy creamer



Chicken broth



Gelatin desserts without added fruit or toppings (NO RED OR PURPLE)

What do I do a day before the colonoscopy?

- Have a clear liquid diet throughout the day. Clear liquid diet excludes red and purple colored substances. No solid foods, milk products, fruits, seeds & nuts.
- Be sure to keep hydrated by drinking 8oz of clear liquid every hour.
- If you have diabetes mellitus, you may need to take half the dose of your medication while on clear liquid diet. Please, talk to your provider about this.
- Take the first dose of Plenvu during the evening before the colonoscopy (e.g., 5:00 to 9:00 PM).
- Open the carton and remove the dose 1 sachet.
- Pour the contents of dose 1 into a measuring container that can hold 500 ml of fluid.

- Add water to make up to 500 ml and stir until all the powder has dissolved. This may take up to approximately 8 minutes.
- Drink the 500 ml Plenvu dose 1 solution over 30 minutes by drinking 1 glassful every 10 to 15 minutes.
- Following the Plenvu dose, drink a further 500 ml of clear fluid over a further 30 minutes.
- If severe bloating, distention, or abdominal pain occurs, following the first dose, delay the second dose until the symptoms resolve.

What do I do on the day of the colonoscopy?

- Take the second dose of Plenvu 4-5 hours before your scheduled colonoscopy.
- Pour the contents of dose 2 into a measuring container that can hold 500 ml of fluid.
- Add water to make up to 500 ml and stir until all the powder has dissolved. This may take up to approximately 8 minutes.
- Drink the 500 ml Plenvu dose 2 solution over 30 minutes by drinking 1 glassful every 10 to 15 minutes.
- Following the Plenvu dose, drink a further 500 ml of clear fluid over a further 30 minutes.
- Avoid further fluid intake 2 hours before your scheduled colonoscopy.
- If you are diabetic, do not take oral diabetic medications or short-acting insulin on the day of your colonoscopy. Talk to your provider about this.