

**To ensure a successful exam, please follow all instructions carefully.**

You **MUST** arrange a ride for the day of your exam. If you fail to arrange acceptable transportation, your procedure will need to be rescheduled. If you have diabetes, ask your physician for diet and medication instructions. If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor. Please bring a list of all of your current medications, including any over-the-counter medications with you. **If you must cancel or reschedule your appointment, please call your doctor's office as soon as possible.**

## **2 DAYS BEFORE YOUR COLONOSCOPY:**

**Patients with Chronic Constipation** will need to take 4 tablespoons of Milk of Magnesia at bedtime 2 nights prior to your exam. Drink at least 8 glasses of water during the day and stop eating solid foods no later than midnight.

## **1 DAY BEFORE YOUR COLONOSCOPY:**

Begin a clear liquid diet. Mix first dose of **PLENVU**. Use the mixing container to mix the contents of the Dose 1 pouch with 16 ounces of water by shaking or using a spoon until it is completely dissolved. This may take up to 2 to 3 minutes. Take your time – slowly finish the dose within 30 minutes. Refill the container with 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes. Ensure or Boost may be consumed prior to starting **PLENVU**. **Between 4:00 and 7:00 pm**, begin drinking the prep.

### **Clear Liquid:**

- Gatorade, Pedialyte or Powerade
- Clear broth or bouillon
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Strained fruit juices (no pulp)
- Jell-O, popsicles, hard candy

### **Not Clear Liquid:**

- No red or purple items of any kind
- No alcohol
- No milk or non dairy creamers
- No noodles or vegetables in soup
- No juice with pulp
- No liquid you cannot see through

## **DAY OF YOUR COLONOSCOPY:**

Three hours before **leaving** your home. Use the mixing container to mix the contents of Dose 2 (pouch A & Pouch B) with 16 ounces of water by shaking or using a spoon until it is completely dissolved. This may take up to 2 to 3 minutes. Take your time – slowly finish the dose within 30 minutes. Refill the container with 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes. If you normally take your heart of blood pressure medicine in the am, you may take them with a small amount of water prior to leaving before your procedure. Do **NOT** take diuretics (water pills) unless in combination with blood pressure pills.

**DO NOT DRINK or EAT anything after completing your prep!**

**You are ready for the exam if you followed all instructions and your stool is  
No longer formed, but clear or yellow liquid.**

## **COLON CLEANSING TIPS**

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is Normal.
2. Continue to drink the prep solution every 15 minutes as directed. Occasionally, this may involve drinking the solution while sitting on the toilet.
3. Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2-4 hours and occasionally significantly longer.)