

Colonoscopy Prep Instructions – Plenvu

A Colonoscopy is an examination of the colon (large bowel) with a flexible lighted tube about the size of your ring finger which transmits a live color image onto a television screen. A good bowel prep is essential for an accurate and successful procedure. These instructions will help maximize the ease, safety, and success of your preparation.

Please note, you must have a responsible adult accompany you for the appointment. We ask that you also have a responsible adult at home with you following the procedure. Please be aware you **will not** be permitted to drive home by yourself or leave unaccompanied in a taxi, hotel shuttle or Uber.

Prior to your Colonoscopy you will need to purchase the following items:
(These items may be found at a pharmacy or grocery store.)

- **Plenvu bowel prep. This has been called in to your pharmacy. Please pick it up at your convenience.**
- Clear liquids of choice:
 - Apple juice, white grape juice (no pulp)
 - Broth or bouillon (no noodles or solids)
 - Lemon-lime or clear sodas (Sprite, 7Up)
 - Tea, coffee, or cola (no cream or milk)
 - Popsicles (no red or purple)
 - Jell-O (no red or purple)

Preparing for Your Colonoscopy

Three Days Before the Colonoscopy

Begin a low-fiber diet. Avoid seeds, nuts, raw fruits/veggies, cheese, and whole grains.

You CAN eat:

- White bread, plain bagels, white rice or pasta
- Peeled, cooked vegetables (no corn)
- Lean meats: chicken, turkey, fish
- Eggs, tofu
- Clear broth soups
- Bananas, applesauce, canned peaches (no skins)

One Day Before the Colonoscopy

- Clear liquid diet ONLY – No solid food.

Allowed clear liquids:

- Water
- Apple juice, white grape juice (no pulp)
- Broth or bouillon (no noodles or solids)
- Lemon-lime or clear sodas (Sprite, 7Up)
- Tea, coffee, or cola (no cream or milk)
- Popsicles (no red or purple)
- Jell-O (no red or purple)
- Electrolyte drink of choice:
 - Pedialyte
 - Powerade (light-colored flavors only)
 - Coconut water (no pulp)
 - Clear Propel or Vitamin Water/Zero
 - Gatorade / G2

Evening Before the Colonoscopy

- 6:00 PM: drink the first dose of Plenvu mixed with water as directed.
 - Empty the contents of the **Dose 1 pouch** into the provided mixing container.
 - Add cool drinking water to the **16 oz (fill line)** on the container and mix well until dissolved (this may take 2-3 minutes).
 - Drink the entire solution over **30 minutes**.
 - Refill the container with at least **16 oz** of clear liquid (e.g., water, ginger ale, white grape juice) and drink it over the next **30 minutes**.
- Continue to drink additional clear liquids throughout the evening.
- Expect frequent, loose bowel movements
- Remain hydrated with clear liquids
- Medications (except blood thinners) may be taken

Day of the Colonoscopy

**** Nothing by mouth within 3 hours of your procedure or it may be canceled. ****

- Five (5) hours before the colonoscopy, drink the second dose of Plenvu mixed with water as directed,
 - Empty the contents of the **Dose 1 pouch** into the provided mixing container.
 - Add cool drinking water to the **16 oz (fill line)** on the container and mix well until dissolved (this may take 2-3 minutes).
 - Drink the entire solution over **30 minutes**.
 - Refill the container with at least **16 oz** of clear liquid (e.g., water, ginger ale, white grape juice) and drink it over the next **30 minutes**.
- This must be completed 3 hours prior to the exam, at which point nothing else should be ingested (taken by mouth).
- Plan ahead by finishing the Plenvu at home, allowing for bowel movements, and adjusting for travel time.

Note: If your insurance requires a pre-authorization, please keep in mind that obtaining this authorization does not guarantee payment. Contact your insurance for more information prior to your procedure.

Frequently Asked Questions:

Q: What is a clear stool?

A: A clear stool can have a slight tint of yellow or brown. It will be completely transparent and will not contain any solid matter. At the completion of the prep, if stool remains brown or solid, please contact scheduling for instruction.

Q: I am not having bowel movements, what should I do?

A: Bowel movements can take up to 5-6 hours to start after beginning the prep. Be patient, continue to drink liquids, and proceed with the second dose of the bowel prep as directed. If you are still not seeing results, you will need to reach your physician's office after 7:00 AM for further instructions.

Q: The prep is making me nauseous, what should I do?

A: If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the prep, stop the prep and call your physician's office for further instructions.

Q: Can I drink alcohol on a liquid diet?

A: No. Alcohol is not allowed as part of the liquid diet.

Q: Can I drink clear protein on a liquid diet?

A: No. Clear protein drinks may contain particles or residue that can interfere with the procedure.

Q: Why do I have to wake up so early for the second dose, why can't I take it all the night before?

A: A split prep has proven to be the most effective for a successful colonoscopy.

Q: If I weigh under 100 pounds, do I need to take all of the prep?

A: The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.

Q: What are some high fiber foods I should avoid?

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads, beans and lentils.

Q What are some good options for low fiber foods?

A:

Grains & Starches

- White bread, plain bagels, plain white rice, plain pasta or noodles (no whole wheat), saltine crackers, cream of wheat or grits (no added fiber)

Proteins

- Tender, lean meats: chicken, turkey, pork, fish (no skin, no frying), eggs (scrambled, boiled, poached), tofu or well-cooked, skinless beans, smooth nut butters (in small amounts)

Dairy

- Milk, plain yogurt (no fruit or granola), cheese (mild, not processed with seeds or spices)

Vegetables (Cooked and peeled only – No seeds)

- Carrots, zucchini, potatoes, green beans, spinach

Fruits (No skins or seeds)

- Ripe bananas, applesauce (plain), canned peaches or pears (no skin, packed in juice), melons

Beverages

- Water, clear juices (apple, white grape), tea, coffee (no cream), soda, lemonade (no pulp)