



Plenvu Prep Instructions

PLEASE BE ON TIME!

Appointment Day:

Date:

Arrival Time:

Location: Regional SurgiCenter 545 Valley View Dr. Moline, IL 61265

DIABETIC
YES / NO

INR
YES / NO

YOUR PREP IS THE KEY TO A SUCCESSFUL COLONOSCOPY

A bowel prep is done to clear the bowel of all solid matter. You may need to get to the toilet right away. You will have many bowel movements after you start your prep. They will become very watery. The bowels are clear or clean when there is only pale-yellow fluid **without** flecks of stool.

Please follow these instructions.

A prescription for Plenvu Bowel Kit has been sent to your pharmacy.

- Plenvu Bowel Kit contains a disposable container, three (3) pouches, dose 1 (1) pouch and dose 2 (2) pouches.
- You must complete the entire prep to ensure the most effective cleansing.

Stop Blood Thinner/Anti-Coagulant,

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5 Days Before your Procedure

- Stop arthritis pills and anti-inflammatories such as: Ibuprofen, Advil, Motrin, Aleve.
- Stop eating popcorn, berries, nuts and seeds.
- Ask your doctor if you should take any of your medicines the morning of your test. If so, take with sips of water only.

1 day before your procedure

- Do not eat any solid food or milk products until after the Colonoscopy.
- Drink only clear liquids. **Avoid all red or purple colored liquids.**
- Water
- Fruit Juices (no pulp)
- Popsicles
- Gatorade / sports drinks
- Soft drinks
- Jell-O
- Kool Aid
- Coffee or tea (no milk or cream)
- Clear broth or bouillon
- At use the mixing container to mix the contents of the Dose 1 pouch with at least 16 oz of water by shaking or using a spoon until 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 at least 16 oz of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.
- At use the mixing container to mix the contents of the Dose 2 (pouch A and Pouch B) with at least 16 oz of water by shaking or using a spoon until completely dissolved. This may take up to 2 to 3 minutes.

If you have questions, need to cancel or reschedule, please call PHONE: 309-601-2800 · FAX: 309-601-2801

Linda Tong, M.D. AGAF Poonputt Chotiprasidhi, M.D. Ahmad Cheema, M.D.

- Take your time-slowly finish the dose within 30 minutes.
- Refill the container with at least 16 oz of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

Day of your procedure

- At use the mixing container to mix the contents of the Dose 2 (pouch A and Pouch B) with at least 16 oz of water by shaking or using a spoon until 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 at least 16 oz of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.
- **Take blood pressure, heart, lung and seizure medication with sips of water.**
- **Nothing to drink 2 hours prior to arrival time:** (You may gargle, but do not swallow any liquid.)
- Do not smoke after midnight.

**** Arrange to have an adult bring you to your appointment, stay there and take you home after your test****

****Menstruating females will be required to give a urine sample****

****Please bring this sheet and an updated medicine list****

Following your colonoscopy:

- Expect to be groggy, possibly requiring a nap.
- Bloating or perhaps abdominal pain that should improve after a few hours.
- No Driving, signing legal documents or returning to work within 12 hours after procedure.

The day after:

- Should be able to return to normal activity, such as work and light exercise.