

PLENVU Split Dose INSTRUCTIONS

Two Weeks before your exam

If you are taking Warfarin (Coumadin, Jantoven), Plavix (clopidigrel) Aspirin, Xarelto, Brilinta, Pradaxa, Eliquis, Effient, Lovenox or other blood thinners, consult with your prescribing physician to discuss the management of these medications at **least 2 weeks before your colonoscopy. DO NOT STOP** these medications without the consent of your physician.

Five to Seven days before your exam

Stop taking non-steroidal anti-inflammatory drugs (i.e. Ibuprofen, Advil, Motrin, and Aleve) 5-7 days prior to your exam.

Three Days before your exam

- Fill your prescription for PLENVU

PLEASE FOLLOW THESE PREP INSTRUCTIONS. DO NOT FOLLOW PACKAGE INSTRUCTIONS.

Two Days before your exam Drink at least 8 glasses of water during the day and stop eating solid foods no later than midnight

One Day before your exam

No solid food for the entire day.

Clear Liquids only – breakfast, lunch and dinner. Drink at least 8 glasses of water to avoid dehydration.

Allowed Clear liquids	Non-Clear liquids NOT ALLOWED
Gatorade, Pedialyte or PowerAde	Red or purple items of any kind
Coffee, tea (no milk or non-dairy creamer)	Alcohol
Carbonated and non-carbonated soft drinks	Milk or non-dairy creamer
Kool-Aid or other fruit flavored drinks	Juice with pulp
Apple juice, white cranberry or white grape juice	Hard candy, gum
Jell-O, popsicles	Any liquid you cannot see through
Strained chicken, beef or vegetable broth	

At 5:00pm Use the mixing container to mix the contents of the Dose 1 pouch (mango flavor) with at least 16 ounce of water by shaking or using a spoon until it's 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 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

WAIT APPROXIMATELY 12 HOURS FROM THE START OF DOSE 1, THEN ...

Morning of your exam

Six hours before your exam, Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) (fruit punch flavor) with at least 16 ounces of water by shaking or using a spoon until it's 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 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

Four hours before the exam, stop drinking all clear liquids.

- **DAILY MEDICATIONS**

If you take medication for high blood pressure, seizures, asthma, thyroid disease, irregular heart beat or prednisone, you **must take your medications BEFORE 5 am.**

NOTHING BY MOUTH FOUR HOURS PRIOR TO YOUR PROCEDURE. No gum, candy or mints. Refrain from smoking the day of your exam.

Verbal instructions and copy given to patient:

Date: _____ Name: _____