



## PLENVU SPLIT BOWEL PREP

The following instructions are your physician’s specific instructions. Please follow these instructions carefully to ensure a successful prep.

You can reach the physician’s office at: 762-356-4785

**Special notes:** If you are on any blood thinning medication, follow the instructions provided by your gastroenterologist regarding if/when they should be discontinued before your procedure. If you are unsure, please call your gastroenterologist.

7 days prior to procedure	3 days prior to procedure	2 days prior to procedure	1 day prior to procedure	Day of procedure
<p><b>Review your prep instructions thoroughly.</b></p> <ul style="list-style-type: none"> <li>Pick up your prescription at your pharmacy.</li> <li><b>STOP:</b> Iron, high dose of fish oil, Phentermine, and any RX diet pills.</li> </ul>	 <p><b>STOP</b> eating any raw vegetables or vegetables containing seeds, corn, popcorn, nuts, and seeds and stop any fiber supplements until after the procedure.</p> <p>Purchase clear liquid items. Examples page 6.</p>	 <p>Continue a low fiber diet. Remember to avoid foods with nuts or seeds.</p> <p>Confirm arrangements with your driver.</p>	<p><b>NO SOLID FOODS, CLEAR LIQUIDS ONLY</b> upon rising until after your procedure. A clear liquid diet is part of your prep and necessary for your colonoscopy.</p> <p><b>Prep at a glance 6:00 pm</b> take the first dose of prep solution. Followed by water, as instructed.</p> <p>Detailed step by step instructions continue on page 2.</p>	<p><b>Prep at a glance</b> at _____ (6H PRIOR TO PROCEDURE) take second dose of prep solution, followed by water as instructed.</p> <p><b>**Nothing by mouth 4 hours prior to your procedure**</b></p> <p><b>NO GUM OR CANDY YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</b></p> <p><b>*If you take a daily blood pressure medication, you may take it with a small sip of water ONLY, at least 2 HOURS prior to your procedure.</b></p>

**\*Clear Liquid Diet Details: NO RED or PURPLE. NO DAIRY**

<p><b>Approved</b></p> <p>Sodas, coffee, tea</p> <p>Clear juices, fitness waters</p> <p>Popsicles without pulp</p> <p>Chicken, vegetable and beef broth</p> <p>Gelatin</p>	<p><b>Avoid</b></p> <p>No milk/dairy</p> <p>No juices with pulp</p> <p><b>NO RED or PURPLE</b></p>
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## PLENVU SPLIT BOWEL PREP

**Prep Day:** The day before your procedure

**No solid foods** upon rising, until after your procedure. Drink plenty of water throughout the day to avoid dehydration and to flush the bowel.

Your Gastroenterologist may advise you to add Bisacodyl, Dulcolax, or Magnesium Citrate. If that is the case, please follow the instructions given by the doctor or clinical staff.

1

**6 PM** the evening before your procedure  
Open the carton and remove **Dose 1** packet



2

**After you finish step 1**  
Pour the contents into the mixing container that comes with your PLENVU box



3

**After you finish step 2**  
Add water to the fill line on the mixing container (at least 16 oz)



4

**After you finish step 3**  
Stir until all the powder has dissolved. This may take several minutes.  
**Drink the entire contents over the next 30 minutes.**



5

**After you finish step 4**  
Refill the mixing container to the fill line (at least 16 oz.) with clear liquids and drink over the next 30 minutes.

*Individual responses to laxatives vary. This preparation will cause multiple bowel movements, stay close to a bathroom.*

## PLENVU SPLIT BOWEL PREP

**Prep Day:** The day of your procedure

6

In the morning, **6 Hours** before your procedure start time, Open the carton and remove **Dose 2 packet A and Dose 2 packet B.**



7

**After you finish step 6**

Pour the contents OF BOTH packets into the mixing container that comes with your PLENVU box



8

**After you finish step 7**

Add water to the fill line on the mixing container (at least 16 oz)



9

**After you finish step 8**

Stir until all the powder has dissolved. This may take several minutes. **Drink the entire contents over the next 30 minutes.**



10

**After you finish step 9**

Refill the mixing container to the fill line (at least 16 oz.) with clear liquids and drink over the next 30 minutes.

**\*Prep must be completed no later than 4 hours prior to your procedure (including all clear liquids)**

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## THE DAY OF THE PROCEDURE

### 4 HOURS BEFORE YOUR PROCEDURE

- **NOTHING BY MOUTH**
- **NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE\***
- **NO GUM OR HARD CANDY**
- **YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW**
- **If you take daily blood pressure medication, you may take it with a SMALL SIP OF WATER ONLY, at least 2 hours before your procedure.**
- Unless your physician gives you other instructions, prescribed medication(s) for asthma, blood pressure, heart, seizure, or anti-psychotic medications may be taken as scheduled with a small sip of water. Please do not take anything else by mouth until your procedure is completed.
- **Asthma patients: please bring your inhaler with you.**

\*Your procedure requires sedation, a driver (age 18 or over) must accompany you to your appointment. The person who is driving you must remain at the facility while your procedure is being performed so that they are available in the unlikely event of an emergency. You may not go home in a taxi, rideshare (Uber/Lyft), or take public transportation. The sedation you will receive will prevent you from driving safely or working the day of your procedure. Following your procedure, do not drive, operate heavy machinery, or sign legal documents for 24 hours.

## PLENVU SPLIT BOWEL PREP

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**\*\*THE FOLLOWING INSTRUCTIONS ARE FOR DIABETIC PATIENTS ONLY\*\***

### DIABTETIC PATIENT INSTRUCTIONS FOR AN OUTPATIENT PROCEDURE

\*It is important to keep your blood sugar controlled when you are having an outpatient procedure. The following directions will guide you in managing your diabetes medicines before your procedure.

#### THE DAY BEFORE YOUR PROCEDURE

- Take your diabetes medication, continue usual does until midnight

#### THE EVENING BEFORE YOUR PROCEDURE

- If you take Insulin:
  - Take half of your usual amount of evening insulin (see examples below which include all types of insulin, such as NPH, 70/30, 50/50, Regular, Humalog, Lente).
  - Example 1: Your usual evening dose is 15 units of NPH and 8 units of regular. You would take 7 units of NPH and 4 units of regular in the evening before your procedure.
  - Example 2: Your evening dose is 27 units of 70/30 insulin. You would take 13 units of 70/30 insulin the evening before your procedure.
- NOTHING TO EAT OR DRINK AFTER MIDNIGHT. This includes hard candy and chewing gum. You are allowed to brush your teeth, but do not swallow.

#### THE MORNING OF YOUR PROCEDURE

- Nothing to eat or drink. This includes hard candy and chewing gum. You are allowed to brush your teeth, but do not swallow.
- Check your blood sugar first thing in the morning (and at 12:00 noon if you are not at the hospital or outpatient facility) and write down the results. Bring these results and your blood sugar log book with you (along with your diabetes pills and/or insulin) to the hospital or outpatient facility.
- If you are on diabetes pills or take insulin injections: **DO NOT take your pills or insulin the morning of the procedure.**
- If you use an insulin pump:
  - Discontinue the bolus function four (4) hours before your arrival time.
  - If your blood sugar is in an acceptable range, decrease the basal function 50% of your normal rate.
- If your blood sugar is less than 60, take one of the following 2 hours before your arrival at the hospital or outpatient facility:
  - 3 glucose tablets
  - 4 oz. juice (clear juice such as apple or white grape)
  - 6 Life Savers™ (NO RED)

# CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. **No red, orange or purple liquids should be consumed!**

Food Group	Foods Allowed	Foods to Avoid
Milk & Beverages <b>No Red, Orange, or Purple Liquids</b>	Tea (Decaffeinated or Regular) Black Coffee (Decaffeinated or Regular) Carbonated Beverages Sport Drinks with Electrolyte Water	Milk or Dairy Products, Coffee Creamer, Alcoholic Drinks
Meats & Meat Substitutes	None	All Meats or Poultry Products
Vegetables	None	All Vegetables
Fruit & Fruit Juices	Fruit Juices without Pulp: Apple, White Grape & Lemonade	Fruit Juice with Pulp, Fruits
Grains & Starches	None	All Grains & Starches Bread, Pasta, Rice, Grains, Cereals, Seeds & Nuts
Soups	Clear Broth	All Other Soups
Desserts	Clear Flavored Gelatin Popsicles Fruit Ices <b>(No Red, Orange, or Purple Flavors)</b>	All Other Desserts
Fats	None	All Fats
Miscellaneous	Sugar For Tea/Coffee Lemon Juice or Honey for Tea Clear Hard Candy Salt	All Others

## Clear Liquid Sample Menu

Morning	Noon	Evening
White Grape Juice Clear Broth Lime Gelatin Coffee	Apple Juice Clear Broth Lemon Fruit Ices Iced Tea with Lemon	Sports Drink with Electrolyte Clear Broth Lemon Gelatin Sprite
Mid-Morning Snack	Mid- Afternoon Snack	Evening Snack
Sport Drink with Electrolyte Lemon Gelatin	Sprite Popsicle	Lemonade Popsicle

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## **Bowel Prep Frequently Asked Questions**

### **What is a clear stool?**

A clear stool can have a slight tint of yellow or brown. It will be completely transparent and will not contain any solid matter.

### **I am not having bowel movements, what should I do?**

Bowel movements can take up to 5-6 hours after beginning the prep to start. Be patient, continue to drink liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you will need to reach the on call physician for further instructions.

### **The prep is making me nauseous, what should I do?**

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 preparation, stop the preparation and call your physician's office for further instructions.

### **What are some good options for low fiber foods?**

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy, and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep.

### **If I eat popcorn or seeds 3 days before my procedure do I need to reschedule?**

You will not need to reschedule your procedure, however the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse of physician.

### **Can I drink ALCOHOL on the liquid diet?**

Alcohol is not allowed as a part of the liquid diet.

### **Can I continue to be on the liquid diet after I begin consuming laxatives?**

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 4-6 hours prior to the procedure.

### **Why do I have to wake up so early for the 2<sup>nd</sup> dose, can't I take it all the night before?**

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

### **If I weigh under 100 pounds do I need to take all of the prep?**

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

