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INSTRUCTIONS FOR COLONOSCOPY BOWEL PREPARATION - PLENVU (SPLIT DOSING)

****The appointment time is subject to change based on the facility's schedule.**

ONE (1) WEEK BEFORE THE COLONOSCOPY: *For the best possible examination, please follow the instructions below carefully:*

- STOP iron pills, vitamins, herbs and supplements. Begin a low-fiber diet. Avoid consuming vegetables, seeds, and high-fiber foods such as berries and popcorn.
- **STOP ALL** medications that thin the blood (coumadin or warfarin, plavix, effient). It is important that you contact your primary physician to get approval when stopping these medications. You do not need to stop baby aspirin.
- **OBTAIN** PLENVU from your pharmacy. If this medication is replaced due to insurance requirement, please inform SJGI so new instruction can be given to you.

ONE (1) DAY BEFORE THE COLONOSCOPY:

- **CONTINUE** to take all diabetes medications regardless of taken time in morning or evening daily.
- **REDUCE** morning and evening doses of long acting insulin by one half.
- You will be on a CLEAR LIQUID DIET FOR THE ENTIRE DAY. **Do not fast or starve yourself. DO NOT eat any solid food for a full 24 hours prior to your colonoscopy.** It's important to stay hydrated before, during, and after taking PLENVU®.

You don't need to drink only water—you can have your choice of clear liquids. Examples of clear liquids include:

Black coffee (no milk / no cream)	7-UP
Tea (black, green)	Clear broth
Gatorade (clear)	Apple Juice
Popsicle w/o fruit or seed	Jello (No red or purple)

DO NOT eat solid food
DO NOT chew gum
DO NOT drink any of the following:

- NO red or purple liquid
- NO liquids that you can't see through
- NO alcoholic beverages
- NO milk products

AT 6 PM

Follow the instructions below to mix and drink your **FIRST** dose. Open the carton and remove the dose 1 sachet.



- Use the mixing container to mix the contents of the Dose 1 pouch 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 drink and 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.

ON THE DAY OF THE COLONOSCOPY: 2nd DOSE AT 6:00 AM

STOP all diabetes medications before procedure time. **OK** to resume all medications after the procedure.

MORNING ☀

Wait approximately 12 hours from the start of Dose 1, then... **TAKE DOSE 2:**



- Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) 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 drink and 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.

- **NOTE:** If you have nausea or vomit, **DO NOT STOP** taking the laxative. Rest for 30 minutes and then resume the preparation as soon as the nausea improves
- **2 HOURS BEFORE YOUR PROCEDURE:** Stop drinking liquids at least 2 hours before your colonoscopy.

PLEASE BE AWARE THAT:

- You must have a responsible adult (age 18 or older) to drive you home after your procedure. This does not include rideshare such as taxi, Uber. The sedative medication makes it unsafe to drive on the day of the procedure. **If you do not have a chaperone to drive you home, the appointment may need to be cancelled.**
- **You should not work after the colonoscopy. Plan to take the day off from work.**
- **DO NOT** bring children to your appointment.
- **Leave** jewelry and valuable items at home.



BRING all of your daily medication to the colonoscopy

TAKE your heart/blood pressure medication with *small sips of water before you come to your procedure*



If your colon output is **NOT** a clear yellow color or similar to water color after the laxative cleansing, inform the nurse when you arrive for your procedure.

VIDEO INSTRUCTIONS: Kindly review your preparatory instructions a minimum of two weeks prior to your scheduled procedure. You can access the general video instructions at www.tinyurl.com/sjgicolovideo or by scanning the QR code below using your smart device:



If you have any questions, please call 408-347-9001 or text (408) 872-9001. To reschedule or cancel, contact us at least 3 business days prior to your procedure. Thank you for your cooperation.