



4100 Park Forest Drive, Suite 208, Traverse City, MI 49684  
Telephone (231)935-5710 Fax (231)935-9045  
www.dha-nm.com

### **PLENVU COLONOSCOPY PREP INSTRUCTIONS**

Your Colonoscopy is scheduled for: \_\_\_\_\_

Your procedure is scheduled at the Copper Ridge Surgery Center. You will receive an automated telephone message, two days prior to the appointment, with your procedure time and arrival information. If you do not receive a reminder call, please call the office the day before your scheduled appointment to verify this information.

Your procedure is scheduled at Munson Medical Center. Please report to Munson Registration by:  
\_\_\_\_\_

Your prescription was sent to: \_\_\_\_\_

#### **COLONOSCOPY**

This procedure is a direct examination of the colon through a flexible lighted scope, which is inserted through the rectum. For the examination, you will lie on your left side for the passage of the scope. A lubricating jelly will be placed in the rectum to decrease discomfort. An intravenous catheter will be placed in one of your arms to administer sedative medications. Please advise the nurse if you are allergic to any medications.

The examination should take approximately 30-45 minutes. You should plan to remain in the outpatient treatment area until the medication effects have worn off partially. After the examination there is generally a temporary feeling of fullness in the colon, and air can be expelled through the rectum.

We require that you bring a driver. You should not drive or operate power machinery the day of the colonoscopy, as the medications may affect your judgment.

Listed below are the things you need to do to evacuate your colon prior to the test. Be sure to read the instructions.

**BEGIN CLEAR LIQUID DIET:** Starts the day before but varies according to your arrival time.

ARRIVAL TIME **BEFORE 1:00PM:** Clear liquid diet starts the entire day prior to your exam and continues up until 4 hours before your test.

ARRIVAL TIME **AFTER 1:00PM:** You may have a light breakfast before 8:00am (the day before the procedure), then begin a clear liquid diet. You may continue clear liquids up until 4 hours before your test.

\*It is very important to stay hydrated. Make sure that you drink plenty of clear liquids.

**CONSUME THE PLENVU SOLUTION:** It is split up into 2 separate doses. See below.

**FIRST DOSE: Starts at 6:00pm (the evening before the test).**

STEP 1: Mix one dose pouch with 16 oz. of water and drink within 30 minutes.

STEP 2: Follow this dose by drinking **at least** 16 ounces of clear liquids, using the cup provided, within 30 minutes.

After taking PLENVU, if you have any bloating or feeling like your stomach is upset, wait to take your second dose until your stomach feels better.

**SECOND DOSE: Starts 5 hours prior to leaving your home for the procedure.**

STEP 1: Mix dose 2 pouch A *and* dose 2 pouch B with 16 oz. of water and drink within 30 minutes.

STEP 2: Follow this dose by drinking **at least** 16 ounces of clear liquids, using the cup provided, within 30 minutes.

You can continue to drink clear liquids up to 4 hours before the colonoscopy. Then, do not eat or drink anything until after your procedure.

## CLEAR LIQUID DIET

This diet includes low residue fluids that are easily absorbed with minimal digestive activity. This diet does not contain all essential nutrients and is recommended if clear liquids are temporarily needed. **No RED or PURPLE liquids** should be consumed. You can have any of these foods at any time up **until 4 hours** before your test.

**\*\*\*4 hours before your test, you will need to refrain from everything including water**

This a list of food/liquids allowed. Please **choose only** items from this list.

water  
flavored water  
decaffeinated tea  
carbonated beverages, such as Sprite, 7up, ginger ale (**avoid red, purple or dark sodas**)  
fruit flavored drinks (**no red or purple colors**)  
weak coffee  
strained fruit juices (**no red or purple colors**)  
apple juice  
white grape juice  
powdered lemonade  
white cranberry juice  
clear broth (chicken or beef)  
bouillon cubes  
Jello (**no red or purple colors**)  
popsicles (**no red or purple colors**)  
sugar  
honey  
syrup  
clear hard candy (**no red or purple colors**)



### **Medications:**

- You may take your pills with sips of water up to three hours before your test.

### **Coumadin and other Blood Thinners:**

- If you take Coumadin (Warfarin), Ticlid, Plavix, Heparin, Aggrenox, Lovenox, Effient, or Persantine please ask the doctor who prescribed this medication for you when you should stop taking it.
- If you take Coumadin (Warfarin), or Plavix, you must see us in the office or speak with someone from our office at least seven days prior to your procedure.

### **Diabetics:**

- Do not take your insulin if your test is before noon. Bring it with you.
- If your test is after noon, take one-half of your usual dose of long-acting insulin (NPH, Lente, Semi Lente). If you take 70/30 insulin take 1/3 of your normal dose.
- Do not take any regular or short-acting insulin.
- If you take pills for your diabetes, do not take them on the day of your test. Bring them with you.
- We would rather your sugar was running a little high than low.

If you have any questions or concerns regarding the preparation, please call and discuss them with our nurse. Office hours are Monday-Friday, 8:00a.m. to 5:00p.m. If you experience extreme pain or vomiting, please call the office immediately. Contact the Digestive Health Associates Gastroenterologist on call at Munson if you experience these difficulties after hours (231-935-5000).