

PLENVUE PREP

Day Before Your Colonoscopy

The entire day before the procedure only clear liquids (see list below).

Acceptable clear liquids: (any of the following not colored red or purple)

Apple juice, white grape juice, strained fruit juices without pulp, sports drinks such as Gatorade, Jell-O, popsicles, (read the label, some can contain dairy/fruits), clear soda, tea black coffee, flavored water or broth.

STOP Jell-O or broth 8 hours before procedure.

Solid food, milk or milk products are not allowed.

NO MARIJUANA 48 HRS BEFORE PROCEDURE

NOTHING BY MOUTH 4 HOURS PRIOR TO PROCEDURE INCLUDING GUM, MINTS, CANDY, ETC

BETWEEN 3PM AND 6PM – START YOUR PREP

STEP 1: Use the mixing container to mix contents of the Dose 1 pouch with at least 16 oz of water by shaking or using a spoon until it is completely dissolved. This may take up to 2 to 3 minutes.

Take your time- slowly finish the dose within 30 minutes. Drink ALL the solution.

STEP 2: Refill the container with at least 16 oz of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

Make a conscious effort to drink as much clear liquids as you can before and during the preparation.

Day Of Colonoscopy

STEP 1: 5-8 HOURS before your procedure take the second dose.

STEP 2: Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 oz of water by shaking or using a spoon until it is completely dissolved. This may take up to 2 to 3 minutes.

Take your time- slowly finish the dose within 30 minutes. Drink ALL the solution.

STEP 3: Immediately refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

- **You must complete liquids 4 hours before your procedure.**

***REMINDER: NOTHING BY MOUTH 4 HOURS PRIOR TO PROCEDURE INCLUDING GUM, MINTS, ETC**

(Once the prep is completed, your stool should be clear to yellow (urine color). If not, please call our office. 520-795-3090. If you do not follow these instructions, your prep may not meet the requirements for us to complete the procedure and could possibly have to be rescheduled.



You must have someone drive you home after your procedure. You will not be allowed to leave by yourself. You will not be able to drive for the remainder of the day.

****Diabetic Patients****

Blood Sugar Management:

Please check your blood sugar more frequently throughout the day during this 2-day prep. When selecting liquids, please drink regular juices and sodas. You may drink non-diabetic products the day before the procedure. If your blood sugar becomes low during your preparation, you may drink clear juices to help raise your blood sugar. If you have any concerns regarding your blood sugar or it has become low at any point during your prep, please call our office, and speak to one of the nurses 520-795-3090. If it is after hours, you will speak to a doctor on call.

A 48-hour (business days) notice is required if you need to cancel or reschedule your appointment, or you will be charged a cancellation fee of \$100.00.