

## **PLENVU BOWEL PREP INSTRUCTIONS**

### **FOLLOW THESE PREP INSTRUCTIONS, NOT THE INSTRUCTIONS ON THE PLENVU BOX**

#### **\*Preparation for your colonoscopy starts 5 days prior to your procedure\***

Review the check off list on the other side of this form. Follow accordingly.

Start a Low Fiber Diet 5 days before procedure.

See enclosed low fiber diet foods allowed and what to avoid

Start a Clear Liquid only diet the day before your procedure and up to 4 hours prior to you procedure.

See enclosed Clear Liquid drinks allowed and what to avoid

## **PLENVU BOWEL PREP**

#### **\*Remember: Follow these instructions, not the instructions on the PLENVU Box\***

***PLENVU is a prescription item that is called into your preferred pharmacy once that information is provided to us. If you have not obtained your prep 5 days prior to your procedure, and your pharmacy does not have a prescription called in, notify Middlesex Gastroenterology @ 978 429 2000.***

If you are prone to constipation or difficulty passing regular bowel movements, take three (3) Dulcolax laxative tablets at 8am on the day **BEFORE** your procedure. Dulcolax laxative tablets may be purchased at your pharmacy without a prescription.

**PLENVU Bowel Prep is taken as a split dose (2-day) regimen. Both bottles of solution must be taken in order to have good results. The second dose is taken 5 hours before your procedure. Your body continues to produce liquid waste during the night and this waste must be evacuated in order for your physician to have clear vision of your colon wall. The second dose must be taken.**

#### **5PM the evening before your procedure:**

1. Us 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 its completely dissolved. This may take up to 2 to 3 minutes. Take your time-slowly finish the dose within 30 minutes.

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

#### **The day of your procedure: 5 hours prior to your procedure time (This dose must be taken)**

1. Us the mixing container to mix the contents of the Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until its completely dissolved. This may take up to 2 to 3 minutes. Take your time-slowly finish the dose within 30 minutes.

2. 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 finish drinking your final glass of water at least 4 hours prior to your procedure.

**\*REMEMBER: Nothing to drink 4 hours prior to your procedure. This includes water\***

If you are not having clear bowel movements after the second dose of PLENVU, call the office @978 429-2010