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INSTRUCTIONS FOR COLONOSCOPY BOWEL PREPARATION - PLENVU (SPLIT DOSING)

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 Dr. Huy Trinh GI office so new instruction can be given to you.
- Purchase over the counter Simethicone tablets from your pharmacy separately (commonly sold under the name Gas-X or Mylanta Gas).

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**. **Do not fast or starve yourself. DO NOT eat any solid food.** It's important to stay hydrated before, during, and after taking PLENVU®.

Starting 24 hours before your colonoscopy, follow a clear liquid diet limited to water and the following:

Black coffee (no milk / no cream)
Tea (black, green)
Gatorade (clear)
Popsicle w/o fruit or seed

7-UP
Clear broth
Apple Juice
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 is completely dissolved. This may take up to 2 to 3 minutes. Take your time—slowly drink and finish the dose within 30 minutes.
- Chew and swallow Simethicone tablets while drinking your solution (for best results, add a total of about 400 mg which is typically 3-4 tablets. Check the label on the box to confirm because it can vary depending on the brand).
- 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 3:00 AM

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



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.
- Chew and swallow Simethicone tablets while drinking your solution (take the same amount that you took the night prior).
- 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
- No clear liquids (such as water, juice, or clear broth) for **2 hours before your procedure**. **NON-COMPLIANCE WITH THIS INSTRUCTION MAY RESULT IN THE CANCELLATION OF YOUR PROCEDURE.**

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 INTRUCTIONS: Kindly review your preparatory instructions a minimum of two weeks prior to your scheduled procedure. You can access the general video instructions at <https://www.youtube.com/watch?v=QsSenpeowvY> or contact our office and we can text you the link.

If you have any questions, please call 408-430-1688. To reschedule or cancel, contact us at least 3 business days prior to your procedure. Thank you for your cooperation.