

YOUR COLONOSCOPY IS SCHEDULED FOR:

Date of Procedure: _____

Gastro Health Physician: _____

Arrival Time: _____

Facility/address: _____

Phone: _____

Registration Assistant: _____

DAY BEFORE-CLEAR LIQUID PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH PLENVU.

PLEASE REVIEW THE INSTRUCTIONS **AT LEAST 3 DAYS PRIOR** TO THE PROCEDURE USE THESE PREPARATION INSTRUCTIONS **AND NOT** THOSE INCLUDED WITH THE PLENVU BOX.



**It is important that you follow these directions carefully
and complete the entire preparation to ensure the most effective cleansing.**

- If you are taking any blood thinners **AND** this was **NOT** discussed with your doctor at the time of scheduling the procedure, please call us **BEFORE** starting the preparation. These include, but are not limited to *Aspirin*, *Coumadin-(Warfarin)*, *Plavix-(Clopidogrel)*, *Xarelto-(Rivaroxaban)*, *Arixtra-(Fondaparinux)*, *Effient-(Prasugrel)*, *Aggrenox-(Aspirin/Dipyridamole)*, and all NSAIDs (for example *Ibuprofen*, *Motrin*, *Aleve*, *Naproxen*, *Celebrex*, *Mobic*).
- **YOU MUST CONTINUE TO TAKE ALL** your other medications every day prior to the colonoscopy AND take them with a small sip of water on the day of your colonoscopy.
- **IF YOU ARE DIABETIC, DO NOT** take your diabetic pills the day of the colonoscopy.
- Please make arrangements to have someone drive you home after the procedure. You will not be allowed to drive yourself home.

DAY BEFORE PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH

3 DAYS BEFORE THE PROCEDURE



STOP eating fruits and vegetables including beans, corn and seeds.

THE DAY PRIOR TO THE PROCEDURE

You may not have any solid food. If desired you may have a liquid yogurt only for breakfast before 10 AM, no later. After 10 am you may have only clear liquids. For example: water, coffee, tea, broth, sodas, apple juice, Gatorade, Kool-aid, Jell-O, popsicles, and hard candy.

It is important to drink extra clear liquids before your prep to maintain adequate hydration.
DO NOT DRINK MILK. DO NOT DRINK LIQUIDS THAT ARE RED OR PURPLE IN COLOR.

BEGIN YOUR PLENVU

STEP 1:

- For best results mix ahead and refrigerate the solution prior to drinking.
- Empty Dose 1 into the mixing container that comes with your PLENVU.
- Add lukewarm water to the top line of the container (At least 16 ounces) and mix or shake to completely dissolve.



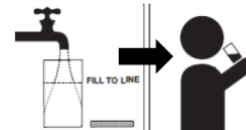
STEP 2:

- Starting between 5 and 7 PM, begin drinking one glass every 15 (approximately 8 ounces) minutes until the container is consumed.



STEP 3:

- Rinse the mixing container with water. Refill to the fill line (at least 16 ounces) with any clear liquid of your choice.
- Drink the entire contents of the mixing container over the next 30 minutes.
- Continue drinking additional clear liquids during the evening. (At least 16 ounces).



THE DAY OF THE PROCEDURE

STEP 4:

Follow same directions as Step 1 using Dose 2 pouches A and B.



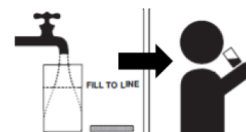
STEP 5:

Starting at _____ (4 hours before the arrival time) begin drinking one glassfull (approximately 8 ounces) every 15 minutes until the container is consumed.



STEP 6:

- Rinse the mixing container with water. Refill to the fill line (at least 16 ounces) with any clear liquid of your choice.
- Drink the entire contents of the mixing container over the next 30 minutes.
- Continue drinking additional clear liquids. (At least 16 ounces).



YOU MUST COMPLETE STEP 6 AND STOP ALL LIQUIDS BY _____ (At least 2 hours before your Arrival Time)

Please call us if you have any questions or if you are having difficulty with the preparation. We are available 24 hours a day, 7 days a week.

