Digestive Specialists, Inc.
Digestive Endoscopy Center, LLC
www.digestivespecialists.com

2 Day PLENVU Instructions

Please read these instructions thoroughly to ensure a successful preparation for your procedure.

Colonoscopy Prep

1. PLENVU Solution
   – prescription required
2. Dulcolax (bisacodyl) Laxative
   – 2 tablets

☐ 1 bottle of Magnesium Citrate (only if checked

Date _____ Time of Arrival _____

- ❑ **Sugarcreek Twp.** 4340 Clyo Road, Suite 100
- ❑ **Dayton** 1530 Needmore Road, Suite 100
- ❑ **Huber Heights** 5697 Shull Road
- ❑ **Springboro** 77 W. Eleanor Drive
- ❑ **Miami Valley Hospital** One Wyoming Street ● Dayton, 45409
- ❑ **Kettering Medical Center** 3535 Southern Boulevard ● Kettering, 45429

You are scheduled with Dr. _____

The Medical Assistant may be reached at _____.

After 5:00 PM or on weekends, call (937) 534-7330 to page your doctor.

Important Information

- For 7 days prior to your procedure stop taking iron supplements.
- For 3 days prior to your procedure drink plenty of fluids to hydrate yourself.
- Take heart, blood pressure or seizure medications with a small amount of water up to 2 hours before your procedure.
- Complete the entire preparation per the instructions on the back. If you get nauseated or vomit when drinking the prep and you have not finished the entire dose:
  - Stop drinking any further prep or liquids for the next hour until nausea/vomiting has subsided, then restart drinking it until finished.
  - If you still cannot finish the prep, please call us at the number listed above.
- Bring a licensed driver. You will not be allowed to drive home.
- You may *not* take a cab alone.
- Do not smoke on the day of your procedure.

On _____ (Two days prior, only if box checked)

☐ • **Drink 1 bottle of** Magnesium Citrate (over the counter) at 6 pm

On _____(Day before your procedure)

- Begin clear liquid diet as instructed on the right. ⇨
- Do not eat any solid foods until after your procedure is completed
- Drink as much clear liquid as you can all day in order to remain well hydrated.
- At 12:00 NOON, take 2 Dulcolax tablets
- At 4:00 PM mix Dose 1 pouch with at least 16 ounces of water in the disposable container provided. Mix to dissolve by shaking or using a spoon. *This may take up to 2 to 3 minutes.*
- Slowly finish the dose within 30 minutes.
- Refill the container with at least 16 ounces of clear liquid and finish within 30 minutes.

Clear Liquids Diet

(Liquids you can see through)

- *Gatorade is preferred*
- Clear fruit juices, white grape juice and apple juice
- Kool-Aid or PowerAde
- Clear soup, broth or bouillon
- Water
- Tea or coffee - *No cream* (May have sugar)
- Hard candies
- Soda pop
- Jell-O or popsicles
- Nothing red or purple
- Nothing alcoholic
- No protein drinks or smoothies

2nd Half of PLENVU- Even if you are passing clear liquid the night before, you still need to complete the prep.

On _____at _____AM/PM (6 hours before your arrival time)

- Mix Dose 2 (Pouch A & Pouch B) with at least 16 ounces of water in the disposable container provided. Mix to dissolve by shaking or using a spoon. *This may take up to 2 to 3 minutes.*
- Slowly finish the dose within 30 minutes.
- Refill the container with at least 16 ounces of clear liquid and finish within 30 minutes

After completing the second part of the prep: Do not drink anything. Do not chew gum or eat hard candy.