

## **Bowel Preparation Instructions - PLENVU**

Any questions please call (631)-289-0300 ext. 224.

### 3 DAYS PRIOR to the PROCEDURE:

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- Do not eat foods high in fiber.
- Examples are whole grain breads and cereals, fruits, nuts, seeds, quinoa, popcorn, and cooked or raw vegetables.
- Do not take any fiber supplements.

### On the DAY BEFORE Your PROCEDURE:

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#### DIET

- Consume only clear liquids the entire day before
- Okay to consume one protein shake, before 11 am, but only from the following lists:
  - Protein powder mixed with water or milk
  - Pre-made Protein shake
  - AVOID FRUIT or VEGETABLE shakes.
- Clear beef or chicken broth
- Popsicles, except for red, purple or blue
- Coconut water (NOT coconut milk)
- Strained fruit juice such as apple or white grape juice
- Coffee and tea (without cream or dairy products)
- Gatorade
- Soft drinks
- Kool-Aid
- Jell-O
- Do not drink alcohol

At 11 AM: Begin Drinking ONLY clear liquids. NO MORE PROTEIN SHAKES.

A clear liquid is one that can you see through.  
Examples of clear liquid are as follows:

#### PREP – Procedure before 9am

##### **7pm - Start 1st Dose:**

1. Use the mixing container to mix the contents of Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2-3 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 60 minutes.

##### **9pm – start 2nd dose**

- Follow steps 1 – 2 above.
- Starting at midnight, you may have nothing by mouth, including water
- *Drink plenty of clear liquids during and after bowel-prep process to help prevent dehydration*

### On the Morning/Day of your PROCEDURE

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- If you take daily medication(s), you may do so up until 2 hours before your scheduled report time with small sips of water.
- If you take blood thinners, follow the instructions your health care provider gives you.
- Arrange for a ride home. You will be drowsy after the exam and will need an escort, 18 years or older. If taking a medical cab service, you will need an escort as well to take you home.

#### **The importance of a GOOD PREP**

Your prep is one of the most important parts of your colonoscopy. Without a good prep, your bowel empty and clean, your gastroenterologist will not be able to see your colon clearly. This could lead to missing a polyp/lesions or rescheduling your colonoscopy.

## PREP – Procedure 9am or later

### **7pm - Start 1st Dose:**

1. Use the mixing container to mix the contents of Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2-3 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 60 minutes.
- *Drink plenty of clear liquids during and after bowel-prep process to help prevent dehydration*

### On the Morning/Day of your PROCEDURE

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### **6am – start 2nd Dose:**

- Follow steps 1 – 2 above.
  - Be sure to finish drinking all of your laxative by 7am.
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- If you take daily medication(s), you may do so up until 2 hours before your scheduled report time with small sips of water.
  - If you take blood thinners, follow the instructions your health care provider gives you.
  - Arrange for a ride home. You will be drowsy after the exam and will need an escort, 18 years or older. If taking a medical cab service, you will need an escort as well to take you home.

### **The importance of a GOOD PREP**

Your prep is one of the most important parts of your colonoscopy. Without a good prep, your bowel empty and clean, your gastroenterologist will not be able to see your colon clearly. This could lead to missing a polyp/lesions or rescheduling your colonoscopy.