

# ***Gastroenterology Consultants of Long Island, PC***

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## **COLONOSCOPY—PLENVU**

**DATE:** \_\_\_\_\_

**TIME:** \_\_\_\_\_

**\*\*Fill the prescription for the PLENVU PREP.**

### **DAY BEFORE THE COLONOSCOPY**

**\*\*Stay on a clear liquid diet the ENTIRE DAY (breakfast, lunch, dinner). DO NOT EAT ANY SOLID FOODS OR USE MILK OR MILK PRODUCTS. Acceptable liquids are clear juices, coffee or tea with sugar, clear broths, jello (not red), Italian ices, ice pops, sports drinks, sodas.**

**\*\*If preferred, mix solution ahead of time and refrigerate prior to drinking.(Must drink within 6 hours)**

At 5:00PM empty Dose 1 pouch into mixing container. Add 16 oz of water and mix until completely dissolved. Slowly finish the dose within 30 mins. Refill container with 16 oz of water and drink slowly within 30 mins.

At 9:00pm empty Pouch A and Pouch B of Dose 2 into mixing container. Add 16 oz of water and mix until completely dissolved. Slowly finish the dose within 30 mins. Refill container with 16 oz of water and drink slowly within 30 mins.

**It is important that you drink all of the solution and water as instructed. Failure to follow these instructions may negatively affect your procedure.**

**\*\*CLEAR LIQUIDS CAN BE CONTINUED UNTIL MIDNIGHT—NOTHING TO DRINK AFTER MIDNIGHT OR ON THE MORNING OF THE PROCEDURE\*\*  
IF YOU TAKE A HEART MEDICATION OR BLOOD PRESSURE PILL TAKE IT WITH A SMALL AMT. OF WATER ON THE MORNING OF THE TEST.**

**\*\*\*You are NOT permitted to drive yourself home after your procedure! You must have a responsible adult with you when you arrive for your procedure. You may use a taxi service, car service, or public transportation ONLY if you have a responsible adult with you. Failure to follow this policy will result in cancellation of your procedure EVEN if you have completed a preparation for your test.**

**MEDICATIONS TO HOLD FOR THIS PROCEDURE:**