

# Colonoscopy Prep Instructions

## PlenVu Prep Instructions

### 7 DAYS PRIOR TO YOUR PROCEDURE:

Stop taking iron. Multi-vitamins are ok.

### 3 DAYS PRIOR TO YOUR PROCEDURE:

Stop eating fruit/vegetables with skin (peel), nuts, seeds, popcorn and corn

### 1 DAY PRIOR TO YOUR PROCEDURE:

*Do not use Marijuana, in any form (including edibles) 24 hours prior to procedure.*

**Drink at least 8 glasses of water, or any other clear liquid, during the day to avoid dehydration.**

**All Day - Drink water or clear liquids:**

- Examples of clear liquids are Gatorade, Pedialyte, Powerade, clear broth, coffee/tea (without milk or creamer), carbonated soda, Kool-Aid, fruit-flavored drinks, apple juice, Jell-O, popsicles, or honey.
- Examples of non-clear liquids are red or purple liquids, alcohol, milk or non-dairy creamers, noodles or vegetable soup, juice with pulp, or any liquids you cannot see through

**6:00PM - Fill water to the "fill line" on the enclosed PlenVu container:**

- Add Dose 1 packet to the water and stir until dissolved
- Drink Dose 1 over the course of 30 minutes
- Follow with at least two 8oz. glasses of clear liquids over the next 30 minutes

Continue to drink clear liquids throughout the evening until bed time.

### DAY OF YOUR PROCEDURE:

**4.5 hours prior to your scheduled procedure time.**

- Fill water to the "fill line" on the enclosed PlenVu container.
- Add Dose 2 packets A and B to the water and stir until dissolved
- Drink Dose 2 over the course of 30 minutes
- Follow with at least two 8oz. glasses of clear liquids over the next 30 minutes

**NOTHING BY MOUTH 2 HOURS PRIOR TO YOUR CHECK IN TIME (THIS INCLUDES WATER, GUM, ICE MINTS, CIGARETTES)**

**You are ready for the exam if you followed all of the above instructions and your stool is no longer formed, but clear or yellow liquid.**

**The following medication/ prep items will be sent to your pharmacy:**

PlenVu Prescription

**For individuals diagnosed with diabetes:**

- **DAY BEFORE PROCEDURE:** Check your blood sugar often while on clear liquids and prepping.
- **NIGHT BEFORE PROCEDURE:** Do not take your ORAL diabetes medication.
- **NIGHT BEFORE PROCEDURE:** If you are on INSULIN take 1/2 your normal dose.
- **MORNING OF PROCEDURE:** Do NOT take diabetes medications.

**For individuals diagnosed with hypertension:**

- **DAY BEFORE AND DAY OF PROCEDURE:** Take your regular high blood pressure medications

**For individuals with a medical history of seizures:**

- **DAY BEFORE AND DAY OF PROCEDURE:** Take your regular seizure medications

**For individuals currently on anticoagulant/ blood thinner:**

- We will contact you with instructions once we have approval from your provider.

Contact us by phone at (309) 762-5560 or online at [qcgastro.com](http://qcgastro.com)