



**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.*

Date \_\_\_\_\_ Time of Arrival \_\_\_\_\_

- |   |   |
|---|---|
| <input type="checkbox"/> Sugarcreek Twp.          | 4340 Clys Road, Suite 100                         |
| <input type="checkbox"/> Dayton                   | 1530 Needmore Road, Suite 100                     |
| <input type="checkbox"/> Huber Heights            | 5697 Shull Road                                   |
| <input type="checkbox"/> Springboro               | 77 W. Eleanor Drive                               |
| <input type="checkbox"/> Miami Valley Hospital    | One Wyoming Street • Dayton, 45409                |
| <input type="checkbox"/> Kettering Medical Center | 3535 Southern Boulevard • Kettering, 45429        |
| <input type="checkbox"/> Sycamore Medical Center  | 4000 Miamisburg Centerville Rd. Miamisburg, 45342 |

### Colonoscopy Prep

1. PLENVU Solution  
– prescription required
  2. Dulcolax (bisacodyl) Laxative  
– 2 tablets
- 1 bottle of Magnesium Citrate (only if checked)

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**

**2<sup>nd</sup> 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.**