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## PLEASE CALL WITH PREP QUESTIONS DURING NORMAL BUSINESS HOURS!

### Plenvu Two-Day Prep Instructions

- Your colonoscopy is scheduled on:

#### TWO DAYS PRIOR TO PROCEDURE:

- Low residue diet two days prior to procedure
  - At 5:00 p.m. two days prior to your procedure mix a 7 day supply of Miralax in 1 quart ( 32 oz) of Gatorade. For patients with diabetes please use Gatorade Zero. You may drink this at your own pace. **DO NOT** use red or purple Gatorade.
- Follow these instructions for the colonoscopy prep:
  - Stay on clear liquids all day the day before your procedure
  - At 3 p.m. the day before your procedure, take two Dulcolax tablets (5 mg. each)
  - At 5 p.m. the day before your procedure, pour Dose 1 pouch of Plenvu into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix until completely dissolved. Drink ALL the liquid in the container within 30 minutes. You must drink one more 16 ounce container of water over the next 30 minutes. You may continue to drink clear liquids.
  - Six hours before your procedure (am or pm), pour Dose 2 (Pouch A & Pouch B) of Plenvu into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix until completely dissolved. Drink ALL the liquid in the container. You must drink one more 16 ounce container of water over the next 30 minutes. (Depending on your arrival time, this may be in the early morning hours).
  - You must have completed the prep five hours prior to the procedure arrival time.

Disclaimer: This document contains information and/or instructional materials developed by Blair Gastroenterology Associates for the typical patient with your condition. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan

- o You may continue on the clear liquids until 5 hours prior to the time you report for your exam.
- You are allowed to take your medications with a small sip of water. Follow separate medications instruction sheet.
- Sometimes it can take a few hours to start moving your bowels after drinking the prep.
- **Abstain from smoking prior to anesthesia on the day of the procedure.** This includes cigarettes, pipes, cigars, e-cigarettes and other substances. Smoking can cause complications during or after the procedure. Failure to comply may result in the cancellation of your procedure.
- Do not eat or drink anything colored red or purple in color during this diet.
- No alcoholic beverages of any kind during this prep.
- Avoid Iron for five days prior to procedure.
- Avoid eating corn for five days prior to procedure.
- It may take several hours to see the effect of the prep.
- It is normal to feel very “full” or “bloated” during your prep. Some people may also experience nausea and vomiting. If this occurs, simply wait about 30 minutes before resuming drinking. This will likely disappear once bowel movements begin. If the vomiting resumes, please call our office.
- A driver must come with you in order to drive you home after the procedure.

### Clear Liquids:

Water  
 Gatorade  
 Jell-o  
 Kool-Aid or other fruit flavored drink  
 Clear broth or bouillon  
 Ice Popsicles  
 Strained fruit juices without pulp (apple, orange, white grape, lemonade)  
 Coffee or tea (without milk or non-dairy creamer)  
 Soft drinks or soda (regular or diet)  
 White cranberry juice

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## **LOW RESIDUE DIET (TWO DAYS PRIOR ONLY)**

### **FOODS ALLOWED**

#### **Fruits**

Orange, grapefruit, grape or pineapple juice, cooked apples, peaches, pears, ripe banana.

#### **Cereals**

Cooked and strained oatmeal and wheat cereals (Farina, Cream of Wheat), refined rice, dry cereals.

#### **Soups**

Any soups.

#### **Meats, Poultry, Fish, Eggs & Cheese**

Broiled, baked or boiled beef, chicken or turkey without rich gravies or sauces. Boiled or broiled ham, crisp bacon, broiled lamb chops, soft boiled or poached eggs, cottage or cream cheese.

#### **Vegetables**

Cooked and strained asparagus, beets, peas, carrots, fresh lima beans, spinach, squash potatoes (mashed, creamed or baked without skins).

#### **Breads**

Toasted white bread with butter, saltines, rusk.

#### **Beverages**

Milk, buttermilk, eggnog, malted milk, cocoa, tea, postum, coffee, carbonated beverages.

#### **Desserts**

Custard, puddings, ice cream and Jello, plain cake, cooked, strained fruit.

### **FOODS TO AVOID**

All raw fruits, dried apricots, figs, dates, raisins.

All fried, canned, salted or spiced meats and fish, veal and mutton.

Radishes, corn, cucumber, cabbage, white tomatoes, onions, garlic, celery, green beans, Brussels sprouts, peppers, cauliflower, dried peas and beans.

Bran, whole wheat, rye or corn bread, rolls and muffins.

Alcoholic drinks

Rich pastries and desserts, candy containing fruit and

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### **Miscellaneous**

Macaroni, spaghetti, noodles, honey syrup, clear jelly.

nuts.

Condiments, gravy  
marmalade, nuts,  
olives, pickles,  
popcorn.

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