

## 2-Day Split-Dosing

If you're starting PLENVU® the **evening before** your colonoscopy,

### Here's How to Prep

**\*\*PLEASE STOP IRON, OR BLOOD THINNERS 5 DAYS BEFORE!\*\*\***

*Unless specifically instructed otherwise by your physician, keep taking all of your other regularly prescribed medications including aspirin*

**TAKE 2 CAPSULES OF THE SIMETHICONE 180 MG ORAL CAPSULE WITH EVENING PREP**

**TAKE 1 CAPSULE OF THE SIMETHICONE 180 MG ORAL CAPSULE WITH MORNING PREP**

#### EVENING

**PLENVU® Dose 1:**

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Day of Week:** M T W Th F S Su

**Time:** \_\_\_\_\_ PM


#### MORNING

**PLENVU® Dose 2:**



**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Day of Week:** M T W Th F S Su


**Time:** \_\_\_\_\_ AM

**EVENING** 



**DOSE 1**



MANGO FLAVOR

**MORNING** 

**DOSE 2**



FRUIT PUNCH FLAVOR

WAIT APPROXIMATELY  
**12 HOURS**  
FROM THE START  
OF DOSE 1

READY FOR  
COLONOSCOPY

Note: actual solution is clear.

**Stop drinking liquids at least 2 hours before your colonoscopy**  
or as recommended by your healthcare provider.



#### TAKE DOSE 1

1. Use the mixing container to mix the contents of the 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 to 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 30 minutes.

**WAIT APPROXIMATELY 12 HOURS FROM THE START OF DOSE 1, THEN...**

#### TAKE DOSE 2

1. Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 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 30 minutes.
3. UNLESS SPECIFICALLY INSTRUCTED OTHERWISE BY YOUR PHYSICIAN, KEEP TAKING ALL OF YOUR OTHER REGULARLY PRESCRIBED MEDICATIONS INCLUDING ASPIRIN.

**You will need to arrive at:  
The Medical Center, Greenview Surgery Center,  
or Greenview Hospital**

You have an appointment scheduled for a:

on

**If you experience any complications after 4:30 pm  
please call 270-781-5111 to speak with our on call physician.**

If you have any questions regarding this appointment or need to reschedule,  
please contact our office at your earliest convenience. Thank You!

**Greenview Regional Hospital**

1801 Ashley Circle  
Bowling Green, Kentucky 42104  
270-793-1000

**The Medical Center at Bowling Green**

250 Park Street  
Bowling Green, KY 42101  
(270) 745-1000

**Greenview Surgery Center**

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### **Diet Prior to Colonoscopy**

**If taking Plenvu prep (may consume fiber-free lunch in addition to breakfast)**

**If taking Clenpiq prep (clear liquids all day, no fiber-free food all day)**

#### **On the day prior to the colonoscopy:**

Eat a fiber-free breakfast **NO SUBSTITUTIONS TO ANY OF THE FOODS!** as follows:

##### **BREAKFAST**

**30 grams (1 ½ ounces) of cheese OR two eggs (fried/boiled)**  
**(for example, you could make 2 grilled cheese sandwiches OR 2 fried egg sandwiches)**  
**½ cup of milk, ¼ loaf of white bread (no more than 4 slices – WHITE BREAD ONLY)**  
**1 tbsp of olive oil or butter (used to cook with)**

##### **Clear liquids for the rest of the day:**

Tea (Hot or Cold)  
Water  
Colas-Coke, Diet Coke, Sprite, Ginger Ale, etc. Any flavor **(NO RED)**  
Bouillon or Clear Broth  
Jell-O Plain, no fruit added and any flavor (NO RED)  
Popsicles **(NO RED)**  
Apple Juice  
Gatorade **(NO RED)**  
Black Coffee – **no creamer added**  
Cranberry juice – this juice is okay because it's a natural red  
Grape Juice  
Kool-Aid any flavor but **NO RED**  
Crystal Light any flavor but **NO RED**

##### **On the day of the Colonoscopy:**

**Nothing to eat or drink other than colon prep and a sip of water with morning medications.**

##### **Exceptions:**

**If the patient has constipation, then diet instructions may be adjusted by physician**