

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: _____ **6** _____ PM



MORNING

PLENVU® Dose 2:

Date: ____/____/____

Day of Week: M T W Th F S Su

Time: _____ **4** _____ AM

EVENING  **MORNING** 

DOSE 1 **DOSE 2**

16 oz 16 oz 16 oz 16 oz

MANGO FLAVOR 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

484 Golden, Autumn Way Ste 100
Bowling Green, KY 42103
270-938-6500



Department of Gastroenterology
484 Golden Autumn Way Suite 201
Bowling Green, KY 42103
Phone: (270) 781-5111 Fax: (270) 780-0475
<https://www.gravesgilbert.com/departments/gastroenterology/>

CLEAR LIQUID DIET

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**

FIBER FREE DIET

NO SUBSTITUTIONS TO ANY OF THE FOODS!

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 (4 slices – WHITE BREAD ONLY)
1 tbsp of olive oil or butter (used to cook with)

LUNCH

90 grams (3 ounces) of meat (beef, chicken or fish) (size of the cup/palm of your hand)
½ cup cooked white rice
½ cup of ice cream
2 tbsp of olive oil (used to cook with)

DINNER (to be eaten before 6 PM when starting Bowel Prep)

30 grams (1 ½ ounces) of cheese OR two eggs (fried/boiled)
1 cup of Jell-O
½ cup of milk, yogurt OR pudding
1 tbsp of olive oil (used to cook with)

PLEASE DO NOT EAT, DRINK, SMOKE OR CHEW AFTER YOUR MORNING PREP!!