

Split-Dosing Prep

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  **DOSE 1**
16 oz 16 oz
MANGO FLAVOR

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

MORNING  **DOSE 2**
16 oz 16 oz
FRUIT PUNCH FLAVOR

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

Clear Liquid Diet

All day throughout the day as instructed.

Water

Tea (Hot or Cold)

Colas (Including Diet Colas) - Coke, Sprite, Ginger Ale, Etc. (Any flavors except red drinks)

Bouillon or Clear Broth

Jell-O (Plain - No Fruit added, any flavor except red)

Popsicles (No red)

Apple Juice

Gatorade (No red)

Black Coffee (No cream added)

Cranberry Juice (Ok as it's a natural red)

Grape Juice

Koolaid (No red)

Crystal Light (No red)

Fiber-Free Breakfast

No substitutions to any of these foods!

Cheese 30 grams (1 ½ ounces)

OR

Two Eggs (fried/boiled)

(for example you could make 2 grilled cheese sandwiches or 2 fried egg sandwiches)

Milk ½ cup

White Bread (4 slices, white bread ONLY)

Olive Oil or Butter 1 tbsp (used to cook with)

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