

# COLONOSCOPY – DIET / LAXATIVE BOWEL PREPARATION – MULTIDAY PLENVU

*Hillmont GI. P.C. 215.402.0800*

## WHAT TO EXPECT:

- Most people have a bowel movement within an hour or two of starting the laxative. Sometimes, there may be a delay of several hours. Be patient and stay close to a bathroom. Multiple bowel movements will occur and may continue for several hours after you have finished drinking the solution
- Your stools should become clear of solid material. **When you are fully prepared the final bowel movements should look like urine in the toilet water**
- Bloating, chills and/or nausea are common after the first few glasses and more common if the liquids are chilled. This is usually temporary and improves once bowel movements begin. If you develop vomiting, severe discomfort or bloating, stop taking the prep for a while until the symptoms go away. If vomiting persists, stop the preparation and call our office 215-402-0800

## 7 DAYS PRIOR TO YOUR PROCEDURE: Review Medication handout, obtain laxative preparation

## 3 DAYS PRIOR TO YOUR PROCEDURE: AVOID WHOLE GRAINS, NUTS, CORN, POPCORN & SMALL SEEDS

- Whole grains- oatmeal, granola, 7 grain breads, rice, etc.
- Seeds - raspberries, strawberries, cucumbers, tomatoes, poppy, sesame, seeds, etc

\_\_\_\_\_ **DAYS BEFORE PROCEDURE** – Purchase Miralax in the laxative aisle and start taking a serving (one capful/17 gm/heaping tbs) in at least 8 ounces of water) **once / twice** daily.

\_\_\_\_\_ **TWO DAYS BEFORE PROCEDURE** – Purchase Citrate of Magnesia in the laxative aisle. At night, drink entire bottle (10 ounces) and at least two glasses of water. It usually works between ½ and 4 hours.

## THE DAY BEFORE THE PROCEDURE: NO SOLID FOOD AT ALL. CLEAR LIQUIDS ALL DAY

- NO CLOUDY LIQUIDS, milk, milk drinks, creamer, liquids that have pulp, NO alcoholic beverages

**CLEAR LIQUIDS: include any liquid that you can see clearly through. Avoid RED and PURPLE**

- |                                 |   |
|---------------------------------|---|
| • Water                         | • Coffee or Tea– without milk, non-dairy creamer or cream       |
| • Carbonated beverages / soda   | • Clear fruit juices without pulp – apple, grape, lemonade, etc |
| • Gatorade® Kool-aid®           | • Clear hard candy, sugar, and lemon                            |
| • Jello® Popsicles or water ice | • Clear broth (chicken, beef, vegetable, etc)                   |

## IMPORTANT NOTE: FOLLOW THESE INSTRUCTIONS AND NOT the instructions on the Prep's packaging.

### THE NIGHT PRIOR TO YOUR PROCEDURE: 7:00 pm

- Mix contents of PlenVU Dose Pouch 1 with 16oz of water by shaking or using a spoon until it is completely dissolved. This may take up to 2 to 3 minutes. Take your time and finish it ALL within 30 minutes.
- Refill the container with water and drink it all over the next hour
- Drink at least an additional 16-ounces of clear liquid before bedtime. Drinking more usually leads to a better preparation and complete and thorough examination

### THE DAY OF YOUR PROCEDURE: FIVE (5) hours before your procedure, AT \_\_\_\_\_ AM/PM

- Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 oz of water until it is completely dissolved. Finish the dose within 30 minutes. Drink ALL of the solution.
- Immediately refill the container with 16 ounces of clear liquid. You can take your time to slowly finish all of it within the next 30 minutes.
- You may drink more clear liquid before you need to stop drinking.
- You **MUST stop drinking 3 hours before** your procedure time, **so nothing after** \_\_\_\_\_
- NO SMOKING the day of the procedure
- **You must put NOTHING in your mouth for the last 3 hours prior to your procedure.** This means NO water, ice chips, gum, candy, cough drops, etc., **except that you should take your medications with a sip of water**

**For questions about the preparation, medications or to reschedule your appointment,  
call 215-402-0800 between 9:00AM and 5:00PM**