



COLONOSCOPY INSTRUCTIONS WITH SPLIT DOSE

READ INSTRUCTIONS IN THE NEXT 1-2 DAYS. CALL FOR QUESTIONS.

5-7 Days Prior To Procedure	3 Days Prior To Procedure	1 Day Prior To Procedure	Day of Procedure
<p>Ensure you have the Prep</p> <p>Stop all supplements and herbs such as fish oil, iron, vitamins</p> <p>Stop blood thinners* such as Aspirin, NSAIDS, Aggrenox, Effient, Plavix, Pletal, Pradaxa, Ticlid, Coumadin</p> <p><i>*Discuss with managing physician</i></p>	<p>Stop high fiber diet such as nuts, seeds, peels, popcorn</p>	<p>Only clear liquid diet today</p> <p>No Alcohol</p> <p>No solid food, milk or dairy, red or purple colored liquids</p> <p>Drink plenty of liquids</p> <p>For diabetics: Half dose insulin Monitor blood sugars closely</p> <p>First half of the prep at 5 PM</p>	<p>Second half of the prep 4 hours prior to procedure time</p> <p>No diabetic medications in AM</p> <p>No diuretic blood pressure medications in AM</p> <p>Nothing by mouth after prep</p> <p>Wear comfortable clothes</p>

Examples of Clear Liquids (No red or purple coloring)

- Water
- Clear broth (chicken, beef, vegetable)
- Clear juices (apple, white grape, white cranberry)
- Soft drinks (Sprite, 7 UP)
- Sport drinks (Gatorade, Powerade)
- Black coffee
- Black/green tea
- Jello
- Popsicles
- Flavored drinks (Crystal Light, Mio)



2-Day Split-Dosing

If you're starting PLENVU the **evening** before your colonoscopy,
Here's How to Prep

Date of colonoscopy: ____/____/____ Location of colonoscopy: _____

Time of colonoscopy: _____ AM/PM Nothing to drink after: _____ AM/PM

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

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

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. Continue to drink additional clear liquids throughout the evening.

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. Continue to drink additional clear liquids, but be sure to stop drinking liquids at least 2 hours before your colonoscopy or as recommended by your healthcare provider.

For full instructions, refer to the Medication Guide and Instructions for Use in the Prescribing Information.

HELPFUL TIP: PLENVU can be refrigerated. Use within 6 hours after it's mixed with water

INDICATION

PLENVU® (polyethylene glycol 3350, sodium ascorbate, sodium sulfate, ascorbic acid, sodium chloride, and potassium chloride for oral solution) is a prescription medication used by adults to clean the colon before a colonoscopy.

IMPORTANT SAFETY INFORMATION

- Do not take PLENVU if you have a blockage in your intestine (bowel obstruction), an opening in the wall of your stomach or intestine

(bowel perforation), problems with food or fluid emptying from your stomach (gastric retention), a problem with food moving too slowly through your intestines (ileus), a very dilated large intestine, or an allergy to any of the ingredients in PLENVU.

Please see additional Important Safety Information on back and accompanying full Prescribing Information, including Medication Guide and Instructions for Use.