

Your procedure has been scheduled at **Washington Regional Medical Center**. Please check in on the 2nd floor at surgery check in.

To ensure a clean prep on the day of your colonoscopy, please adhere to the following instructions:

- **Five days prior to your colonoscopy:** Fill your bowel prep prescription, review the prep instructions, plan your ride home, and consider purchasing simethicone (“Gas-X”) for symptomatic relief. Capsules, liquid, or chewable tablets are all okay.
- **Three days before your colonoscopy:** Start a low residue diet. With this, AVOID nuts, seeds, raw vegetables, and popcorn.
- **The day before your colonoscopy:** Please follow a clear liquid diet. You may have broth, Gatorade, Jell-O, popsicles, clear juices that have no pulp, black coffee, tea, colas, etc. AVOID red, purple, and blue liquids and dairy products. You may have clear liquids the morning of your procedure up to 4 hours prior to your arrival time.

PLENVU 2-Day Split Dose Prep Instructions

Day before procedure at 6PM:

- Use the provided mixing container to mix the contents of the PLENVU pouch labeled Dose 1 with at least 16 ounces of water by shaking or using a spoon until it’s completely dissolved. This may take up to 2 or 3 minutes.
- Take your time—slowly drink and finish the dose within 30 minutes.
- Refill the same container with at least 16 ounces of clear liquid. Again, take your time and finish all of it within 30 minutes.
- Continue to drink additional clear liquids between the 2 doses.
- Take 2 over the counter Gas-X tablets

Day of your procedure:

- Five to six hours prior to your arrival time, take the provided mixing container to mix the contents of PLENVU 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. Slowly drink and finish the dose within 30 minutes. Refill the same container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

<https://www.mylenvu.com/how-to-take.html>

Your appointment is:

Date: _____ **Arrival Time:** _____ **Procedure Time:** _____