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| |  |  | | --- | --- | | X:\Rebecca\GTGI LOGO\GTGI-logo.jpg |  | | **Colonoscopy Prep Plenvu Split dosing**  In advance, purchase the Plenvu prep kit at your local pharmacy. One day before your procedure you will need to be on a clear liquid diet. Please drink as much liquid as possible. The more clear liquid you drink will help decrease cramping during the prep process.  THE DAY BEFORE YOUR PROCEDURE   * Clear liquids are food that you can see through * Avoid all substances red, purple in color (it can look like blood) * Limit caffeine and alcoholic beverages (1 or 2) * No dairy products * Suggested foods: Apple juice, herbal tea, broth or bouillon (no crackers), soda, Kool-Aid, white grape juice, Jell-O Gatorade, plain hard candy, popsicles, seasonings, (sugar, honey, substitutes, salt, Mrs. Dash)   **The Evening before Procedure:** at 7:00 PM. Please follow steps 1-3  **The Morning of your Procedure:** 5 hours before arrival time. Please follow Steps 4-5  Dosing steps:  1. Empty Dose 1 into mixing container, fill to line with water, and mix with a spoon or place lid on container and shake until completely dissolved.  2. Drink entire contents of mixing container over 30 minutes.    3. Fill container up to line with clear fluids and drink entire container over 30 minutes.  4. Empty Dose 2: Pouch A and Pouch B - empty both packets into mixing container, fill to line with water, and mix. Drink entire contents over 30 minutes.  5. Fill container up to line with clear fluids and drink entire container over 30 minutes.  You may have clear liquids up to 2 hours before the procedure. Please take any necessary medications.  The facility will contact you to confirm time of procedure. Times are subject to change. |  | |  |  | |

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