

Digestive Disease Clinic

Plenvu Bowel Prep for Colonoscopy

Purchase at the Pharmacy:

- Prescription Plenvu prep
- 10 Ounce Bottle Magnesium Citrate **OR** 4 Dulcolax laxative tablets

***Hold GLP-1 agonist medications for 1 dose prior to procedure (Ozempic, Wegovy, Zepbound, semaglutide, etc.)

***Discontinue iron, herbal supplements and vitamins for 7 days prior to your procedure.

***If you are currently taking blood thinners, the nurse will be contacting you with further instructions from your managing physician.

*** DO NOT eat any nuts or seeds, and/or raw fruits or vegetables 7 days prior to your procedure.

***DO NOT take any diabetic medication the morning of your procedure

***Do NOT drink any red or purple liquids the day before AND the day of your procedure

One Week Prior to the Procedure:

Please inform your physician if you are taking any blood thinning medications such as Coumadin, Plavix, Eliquis, Xarelto, Pradaxa, etc. You will receive additional instructions if applicable. **DO NOT STOP TAKING ASPIRIN.**

DAY BEFORE COLONOSCOPY:

You must maintain a clear liquid diet for the whole day before your procedure. (Water, tea, Gatorade, black coffee, soda, clear juice, Jell-o, clear broth or popsicles). **No red or purple liquids and no dairy products.**

1. Between 3:00pm and 4:00pm drink the 10 ounce bottle of Magnesium Citrate or take 4 Dulcolax tablets
2. At 5:00pm pour the contents of Plenvu packet labeled dose 1 into the mixing container provided in the boxed prep. Fill the container with 16 ounces of water, mix, and drink. Finish drinking within 30 minutes.
3. Fill container once more with water to the 16oz fill line and drink within the next hour. You may add lemonade drink mix or crystal light to make the liquid more palatable.
4. Continue to drink clear liquids until you go to bed.

The Day of your Colonoscopy:

1. 6 hours prior to your exam you will mix Plenvu packet dose 2 Pouch A & B in the mixing container with 16 ounces of water
2. Finish drinking the dose within 30 minutes and drink an additional 16 ounces of clear liquid.
3. You can continue to drink clear liquids until 5 hours prior to your exam
4. Please take essential medications (blood pressure, heart, and seizure medications)