



## Your PlenVu Prep

**CLEAR LIQUIDS ONLY THE DAY PRIOR TO YOUR PROCEDURE**

"Recent data and research has shown that patients who take simethicone (GAS-X) with their colon preparation have better colonoscopy outcomes and more complete colon preparations. The simethicone will help to reduce bubbles in the GI tract which improves visualization. We would ask that you obtain simethicone tablets from your pharmacy and take two (2) tablets with each portion of the split prep. These are inexpensive and over the counter and do not require a prescription. By law, we cannot include these in your prep kit."

Your test is on: \_\_\_\_\_

You will begin the PlenVu Prep on: \_\_\_\_\_

You will be using the PlenVu Prep to prepare for your test. This sheet will give you step-by-step instructions on how to use the PlenVu Prep.

### **On the day before your test you will begin the PlenVu Prep.**

- Drink at least 4 large glasses of water during the day.
- **At 6:00 p.m.** you will begin the Prep.
- Use the mixing container to mix the contents of the Dose 1 pouch with 16 oz of water by shaking or using a spoon until completely dissolved. This may take 2-3 minutes.
- Drink **all** of it within 30 minutes of mixing.
- Between 6:00 p.m. and 8:00 p.m., you need to drink **1 more** of the 16-ounce containers of cool or cold water.

### **The morning of your test you will continue with the PlenVu Prep.**

- 5 hours before your test you will begin the 2<sup>nd</sup> dose. This may mean you have to get up early, depending on the time of your test.
- Use the mixing container to mix the contents of the Dose 2 (Pouch A and Pouch B) with 16 oz of water by shaking or using a spoon until completely dissolved. This may take 2-3 minutes.
- Drink **all** of it within 30 minutes of mixing.
- Over the next 2 hours, you need to drink **1 more** of the 16-ounce container of cool or cold water.

If you become nauseated or vomit take a 15 to 30-minute break from drinking the PlenVu or water. Then try to drink again until all is gone.

### **Remember . . .**

- **Do not drink anything 3 hours before your test.**
- After you have finished your prep, your bowel movements should be a clear yellow or a clear green watery liquid. There should be no solid or large parts in it. If it is not clear and watery, you need to call our office to let us know.



# Atrium Health

## Begin Clear Liquids \_\_\_\_\_

### **No Solid Food the Entire Day Before Your Procedure**

#### **PLEASE READ:**

"Recent data and research has shown that patients who take simethicone (GAS-X) with their colon preparation have better colonoscopy outcomes and more complete colon preparations. The simethicone will help to reduce bubbles in the GI tract which improves visualization. We would ask that you obtain simethicone tablets from your pharmacy and take two (2) tablets with each portion of the split prep. These are inexpensive and over the counter and do not require a prescription. By law, we cannot include these in your prep kit."

## **Your Colyte/Golytely/NuLyte/Gavilyte/TriLyte prep**

Your test is on: \_\_\_\_\_

You will begin the Prep on: \_\_\_\_\_

You will be using \_\_\_\_\_ to prepare for your test. This sheet will give you step-by-step instructions on how to use the Prep.

### **On the day before your test you will begin the Prep.**

- Drink at least 4 large glasses of water during the day.
- Sometime during the early afternoon, you can mix a gallon of the prep solution so it will be cold by the time you need to start drinking it.
  - Add water to the top line of the bottle.
  - If the Colyte came with flavor you chose, put it in the bottle.
  - Put the lid or cap on the bottle, shake it, and put in the refrigerator.
- At **6:00 p.m.** you will begin the Prep.
- Take 2 Bisacodyl or Dulcolax tablets with water.
- At **6:00 p.m.** begin drinking the mixture you made earlier.
- Drink a glass every 15 to 20 minutes until you have finished a half gallon.

### **On the day of your test you will continue with the Prep.**

- **Exactly 5 hours before your test**, you will begin to drink the rest of the mixture. This may mean you have to get up early, depending on the time of your test.
- Drink all of the rest of the solution. **It should not take you more than an hour to drink it.**

If you become nauseated or vomit take a 5 to 15-minute break from drinking the Prep. Then try to drink again until all of it is gone.

### **Remember . . .**

- **Do not drink anything 3 hours prior to your procedure.**
- After you have finished your prep, your bowel movements should be a clear yellow or a clear green watery liquid. There should be no solid or large parts in it. If it is not clear and watery, you need to call our office to let us know.