

## EXT TWO-DAY PLENVU INSTRUCTION SHEET

**DATE: \*\*\* TIME: \*\*\* CHECK-IN (You must have a driver)**

Your procedure has been scheduled with \*\*\* at:

**Advanced Endoscopy Center, PLLC - 360-576-5060**  
2415 NE 134th Street, Suite 205  
Vancouver, WA 98686

### **EXTREMELY IMPORTANT TO FOLLOW THIS INSTRUCTION SHEET**

**PLEASE FOLLOW A LOW RESIDUE DIET FOR 1 WEEK PRIOR TO YOUR PROCEDURE. SEE ATTACHED.**

**Prior to your procedure you will need to purchase the following over-the-counter: 10 oz bottle of Magnesium Citrate, Chewable Gas-X tablets (4 count)- (ANY COLOR). These can be purchased in the digestive health section of any store.**

#### **TWO DAYS BEFORE COLONOSCOPY: \*\*\***

1. Drink the 10 ounce bottle of magnesium citrate two hours after your evening meal or before bed.

#### **WHEN YOU WAKE UP THE DAY BEFORE YOUR COLONOSCOPY: \*\*\***

1. NO FOOD, ONLY CLEAR LIQUIDS may be taken the day before your exam:

- You may have sport drinks, clear juices, soup broth, jello, or popsicles.
- Coffee is okay with **NO** cream
- **DO NOT** drink milk or alcoholic beverages
- **NO RED, BLUE OR PURPLE LIQUIDS**

2. At 7 PM on the evening before procedure complete step 1 through 3.

**Step 1.** Empty dose 1 into container, fill to line with water. Mix or shake well until completely dissolved.

**Step 2.** Take 2 chewable Gas-X tablets then drink ALL the liquid in the container over the next 30 minutes.

**Step 3.** You **MUST** drink a minimum of two (2) more 16-ounce containers of water over the next 30 minutes.

#### **MORNING OF COLONOSCOPY: \*\*\***

1. At \*\*\* AM (4 hours before check in) repeat steps 1 through 3 using BOTH dose 2 pouches A and B. Take 2 more chewable Gas-X tablets with this dose as well.

2. At \*\*\* AM (3 hours before check in) you **CANNOT** have anything else to drink, **NOT EVEN WATER.**

**Any questions at all regarding Plenvu please call 1-855-697-5368**