

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

Prior to your procedure you will need to purchase Chewable Gas-X tablets (ANY COLOR). These can be found over-the-counter in the digestive health section of any store.

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 and 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 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