

Preparing for your Colonoscopy

PLENVU

Test Date _____
Test Arrival Time _____
Test Location _____

Dr Bradley P. Mackler
924 Middleford Road
Seaford, DE 19973
302-629-2229

Dr. Mackler
After Hours call 629-6611
Ask for Dr. Mackler to be
paged

You are scheduled for a colonoscopy to examine the inside of your large intestine. In order to achieve the maximum benefit of this examination, your intestine must be thoroughly cleansed of all stool. It is possible that your test will have to be repeated or rescheduled if the bowel is not thoroughly cleansed. Please follow all of these instructions carefully and call if you have any questions about your medications, diet or bowel preparation.

Important Medication Instructions

Please read your **Instructions on the bottom of the Patient Clinical Summary** you were given at the office. It is very important to follow the medication instructions. Medications such as blood thinners, diabetic medication, vitamins, iron, herbal supplements, aspirin and non-steroidal anti-inflammatory drugs (like Advil and Aleve) can limit or cause complications during your Colonoscopy. Do not stop medications the day of your prep unless you were told to do so. The day of the Colonoscopy, take only the medications Dr. Mackler told you to take. If you have any questions, please contact Dr. Mackler at the number(s) above.

Drink your Bowel Preparation the day before your Colonoscopy

Before the day of your Prep: Please purchase the PLENVU Bowel Prep Kit. Also purchase a variety of items from the Clear Liquid Diet list you were given. PLENVU is taken as a split dose (2-day) regimen. Please follow the directions below carefully. **BOTH** Doses are needed for a complete prep.

The Morning of your Prep: _____ Have a clear liquid breakfast. Do Not Eat any solid foods the day of the prep. Drink and eat **ONLY** items that are on the Clear Liquid Diet list.

Time: _____ **On the evening before your Colonoscopy Take Dose 1. (1 pouch)**

Step 1: Mix the contents of the **Dose 1 Pouch** with at least 16 oz of water in the mixing container. Shake or mix with a spoon until completely dissolved. This may take up to 2 to 3 minutes.

Step 2: Slowly drink **ALL** of this dose within 30 minutes.

Step 3: Refill the mixing container with at least 16 oz of clear liquid. Slowly drink all of it within 30 minutes.

Continue the Clear Liquid Diet for the rest of the evening until bedtime. Drink plenty of fluids. Do NOT eat any solid foods.

At this point, your bowel movements should be as thin as water with no solids. They may be the color of whatever clear liquid you have been drinking. You may see a very small amount of mucus floating or sand-like sediment in the toilet.

Time: _____ **Wait 12 hours from the start of Dose 1, then take Dose 2. (Pouch A and Pouch B)**

Step 1: Mix the contents of the **Dose 2 (Pouch A and B)** with at least 16 oz of water in the mixing container. Shake or mix with a spoon until completely dissolved. This may take up to 2 to 3 minutes.

Step 2: Slowly drink **ALL** of this dose within 30 minutes.

Step 3: Refill the mixing container with at least 16 oz of clear liquid. Slowly drink all of it within 30 minutes

NOTE: You must finish Step 3 (drinking the 16-ounce container of clear liquid) at least 2 hours before your colonoscopy appointment. Do not eat or drink anything else until after your colonoscopy

Time: _____ If you were instructed to take medications the morning of your Colonoscopy, take them with only a sip of water 2 hours or more before your appointment. Do not chew gum or suck on candy. Please try to refrain from smoking or vaping.

If you are unable to complete the prep and/or your bowel movements are still solid or thick like a milkshake by the end of the prep, please contact Dr. Mackler at the number(s) above.