



**TEXAS MODERN
GASTROENTEROLOGY**

COLONOSCOPY BOWEL PREP INSTRUCTIONS

Your bowel must be empty so that your doctor can clearly and safely view your colon. Follow all of the instructions exactly as they are written.

PLEASE DO NOT SMOKE, VAPE, DIP, OR USE MARIJUANA ON THE DAY OF YOUR PROCEDURE, OR YOUR PROCEDURE WILL BE CANCELLED.

Medications:

If you take insulin, medications for diabetes, or blood thinners, you **MUST** call the doctor who orders those medications for instructions on altering the dosage before your Colonoscopy.

If you take **weight loss medications**, like Semaglutide, Tirzapatide, or Phentermine, these **MUST** be discontinued **2 weeks** before your procedure.

All other medications, including Aspirin, should be taken on the day of the exam with a sip of water, unless otherwise instructed by your doctor.

Diet:

Starting **THREE** days before your Colonoscopy, do **NOT** eat high fiber foods, such as popcorn, beans, seeds, multigrain bread, nuts, salad/vegetables, fresh or dried fruit. These do not digest well and can clog the camera or make your colon not clear out well.

ON THE DAY BEFORE YOUR COLONOSCOPY, do NOT eat any solid foods. You must use clear liquids only.

You **MAY** drink:

Gatorade, Pedialyte, Powerade, clear broth or bouillon, coffee or tea (with no milk or creamer), soft drinks, Kool-Aid or other fruit flavored drinks, strained fruit juices without pulp, Jell-O, Popsicles, hard candy, water

You **MAY** not drink:

Alcohol, milk or non-dairy creamer, noodles or vegetables in soup, juice with pulp, liquid you cannot see through

TIPS FOR A SUCCESSFUL BOWEL PREPARATION

1. Drink it SLOWLY – do not try to chug it. It will cause nausea and will not work. Drink it as directed with small sips at a time.
2. If you get nauseous, drink it more slowly. Your doctor has prescribed a medication called Zofran (Ondansetron) and you can take it.
3. If you do not feel cleared out, you may take one dose of Miralax to help clear you out
4. You will develop significant diarrhea after drinking the bowel prep. Plan to be near a restroom. This is normal as it means the medication is working to clear stool from your colon.
5. At the end, your stool should look clear yellow, like lemonade
6. COMPLETE THE ENTIRE BOWEL PREPARATION MEDICATION, even if you feel you are already cleared out.
7. YOU MUST STOP ALL LIQUIDS 4 HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME

PLENVU BOWEL PREP INSTRUCTIONS

Part 1: Between 4:00 PM – 5:00 PM on the evening before your Colonoscopy

1. Use the mixing container provided to mix the contents of the PLENVU pouch labeled Dose 1 with at least 16 ounces of water by shaking or using a spoon until they are completely dissolved. This may take up to 2-3 minutes.
2. Take your time – slowly drink and finish the dose within 30 minutes. If you feel you have severe stomach pain or discomfort, you can stop taking PLENVU for a short time and then continue taking it, or you can take smaller sips of PLENVU so that you space out your dose longer than 30 minutes.
3. Refill the container with at least 16 ounces of clear liquid. Take your time and finish it all within 30 minutes. Continue to drink additional clear liquids.

Part 2: Starting 6 hours before your scheduled procedure time

1. Use the mixing container provided to mix the contents of the PLENVU pouch labeled Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until they are completely dissolved. This may take up to 2-3 minutes.
2. Take your time – slowly drink and finish the dose within 30 minutes.
3. Refill the same container with at least 16 ounces of clear liquid. Take your time and slowly finish it within 30 minutes.
4. Continue to drink additional clear liquids but be sure to stop drinking liquids at least 4 hours before your Colonoscopy.

DO NOT USE ANY TOBACCO PRODUCTS ON THE DAY OF THE PROCEDURE! THIS INCLUDES SMOKING, DIP, VAPES, MARIJUANA USE, ETC OR THE PROCEDURE WILL BE CANCELLED.