

# PLENVU Colonoscopy Prep Procedure After Noon

- **Purchase from the Pharmacy**

- One (1) box of Simethicone (Gas-X) Extra-Strength 125mg oral soft gel capsules (over the counter)
- PLENVU Solution ( *prescribed - pick up from pharmacist*)

### Bowel Preparation Instructions

The **day before** your colonoscopy, diet is to consist of CLEAR LIQUIDS ONLY (no solid food).

- Do not consume liquids that are red or purple in color. Do not consume milk products or juices with pulp. Clear liquids include water, black coffee, tea, apple juice, white grape or cranberry juice, lemonade, sports drinks (Gatorade, PowerAde, etc.), clear beef, chicken or vegetable broth, Jell-O, popsicles, frozen sorbet, or Italian ice. Alcoholic beverages are not permitted.
  - **The day before your procedure, at 8:00AM:**
    - Prepare the prep solution according to the package instructions included in your prep kit.
    - The PLENVU bowel prep solution can be refrigerated and must be consumed within 24 hours of being mixed.
  - **The evening before your procedure, at 7:00PM:**
    - Consume the first sixteen (16) ounce cup of PLENVU prep solution over 30 minutes. This should be followed by one (1) 16-ounce cup of clear liquid.
  - **The morning of your procedure, at 6:00AM:**
    - Consume the second sixteen (16) ounce cup of PLENVU prep solution over 30 minutes. This should be followed by one (1) 16-ounce cup of clear liquid.
    - Take two (2) extra strength Simethicone (Gas-X) oral soft gel capsules (250mg total).
- ⇒ *You may continue to consume clear liquids until four (4) hours before your procedure time. In all circumstances, consume nothing further by mouth within four (4) hours of your procedure time except for a sip of water for necessary medications.*

Contact the on-call Gastroenterologist at **(941) 262-0400** if any problems arise during the bowel preparation process.

### Prep Guide

	Dark and murky
	Brown and murky
	Dark orange and semi-clear
	Light orange and mostly clear
	Yellow and clear