

Colonoscopy with Plenvu Prep

Colonoscopy Preparation Timeline

Check boxes ☐ as you progress!



21 Days Before or ASAP: *Purchase/ Pick up items for Plenvu Prep*

Pick up prescription at your local pharmacy:

- ☐ Fill your Plenvu prescription at your local pharmacy.
- ☐ Please call our office at (612) 871-1145 if you did not receive a prescription.



7 Days Before:

- ☐ **STOP** taking fiber and iron supplements.
- ☐ If you have diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management.



3 Days Before:

- ☐ Begin low-fiber diet (10-15g/day.) **AVOID** seeds, nuts, popcorn, corn, whole grains, quinoa, fresh fruit, raw vegetables, etc.

For additional details on following a low fiber diet, please visit www.mngi.com/conditions/low-fiber-diet



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2 Days Before:

- ▣ Stay well-hydrated.
- ▣ **STOP** eating solid foods at **11:45PM** and begin clear liquid diet (only liquids you can see through).

For additional details on following a clear liquid diet, please visit
<https://www.mngi.com/conditions/clear-liquid-diet>



1 Day Before:

- ▣ No solid food. Continue clear liquid diet. **NO** alcohol, red liquids, dairy, oils, pulp, etc.
- ▣ Between **4-5PM** empty the contents of 'Plenvu dose 1' pouch into the provided container, fill to the line with water, and mix. Consume within 30 minutes.
- ▣ **Within 30 minutes of finishing Plenvu mixture**, drink an *additional* 16oz water.



Continue liquid diet ONLY



Day of Procedure:

- ▣ Continue clear liquid diet **ONLY**.
- ▣ Take your morning medications with sips of water **at least 3 hours prior** to your procedure.
 - This includes heart and blood pressure medications, blood thinners (if you have not been told to stop these by our office), methadone, and anti-seizure medications.
 - DO NOT take any chewable vitamins or supplements.
- ▣ **DO NOT** use chewing tobacco, THC, marijuana, or illicit drugs.





4 Hours Before:

- Empty the contents of 'Plenvu dose 2 pouch A' and 'Plenvu dose 2 pouch B' into the provided container, fill to the line with water, and mix. Consume within 30 minutes.
- **Within 30 minutes of finishing Plenvu mixture**, drink an *additional* 16oz water.



3 Hours Before:

- **STOP** consuming all liquids. **NOTHING BY MOUTH** until after the colonoscopy.

Ensure stool is clear/yellow/tea colored liquid **ONLY** before your appointment. If uncertain, contact our office at 612-871-1145.



Additional Information:

- **Medication Adjustments:** If taking GLP-1 agonists (Ozempic, Weygovy, Trulicity, Rybelsus, Saxenda, Byetta, or others) or SGLT-2 inhibitors (Invokana, Farxiga, Jardiance, Steglatro) follow specific holding guidelines. <https://www.mngi.com/colonoscopy-info>
- **Colon Cleansing Tips:** Stay well hydrated, remain near a toilet, and continue drinking the prep solution every 15 minutes. You may want to keep the solution chilled, but do not add ice. You may also consider using a straw.
- **Appointment Changes:** Reschedule if experiencing flu-like or respiratory symptoms, or if you have newly diagnosed medical conditions.
- **Responsible Person Requirement:** Ensure you have a companion with you for check-in, discharge, and transportation.
- **How will I know I'm ready?** When you are finished with your prep, you should not have any solid stool - stool should be clear/yellow/tea colored liquid. You should be able to see to the bottom of the toilet bowl. If you are unsure whether your colon is cleaned out, please call our office at 612-871-1145 before you leave for your appointment.
- **Questions?** For answers to frequently asked questions about your colonoscopy prep and visit. <https://www.mngi.com/colonoscopy-faqs>