



**Hagerstown Gastroenterology**  
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**(240) 513-7072**

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## **INSTRUCTIONS FOR PLENVUE**

**For one (1) week before colonoscopy you should avoid Popcorn and Peanuts (any nuts).**

**You should not take any Arthritis medications or medications containing iron for at least one (1) week before colonoscopy. All other medications can be continued as usual, including the morning of the procedure with a sip of water. If you take prescription anticoagulants (blood thinners) please check with your doctor. Should you need a pain reliever "TYLENOL" may be used.**

**The day before the colonoscopy begin a "clear" liquid diet. Clear liquids consist of broth (chicken or beef) black coffee, tea, water, ice, Ginger Ale, Sprite, 7up, apple juice, white grape juice, and any of the following that are not colored red or purple: Crystal light drink mixes, Gatorade, popsicles and Jello. You can't have any milk or milk products or any solid foods. Alternating hot and cold liquids should help with any hunger pains you may get.**

**At 2:00pm on the day before your colonoscopy: drink a 10 oz. Bottle of Citrate of Magnesia (in a green or clear bottle, do not purchase red or purple). This is available without a prescription at your pharmacy. You may drink the Citrate straight or pour it over ice and/or mix it with Ginger Ale, Sprite or 7up.**

**At 6:00pm the day before your colonoscopy:**

**Empty the contents of Dose 1 packet into the container, fill to the fill line with water and shake.**

**Drink all the prep solution in the container within 30 minutes. THIS IS VERY IMPORTANT - after finishing the prep solution you must drink two (2) 16 oz containers of any clear liquid in one (1) hour.**

**The day of your colonoscopy 5 hours prior to your arrival time:**

**\*\*Take 2 Simethicone tablets available without a prescription (Gas-X or Phazyme)**

**Empty the contents of Dose 2 ( 2 ) packets into the container, fill to the fill line with water and shake. Drink all the prep solution in the container within 30 minutes. THIS IS VERY IMPORTANT - after finishing the prep solution you must drink two (2) 16 oz containers of any clear liquid in one (1) hour.**

**You must be finished drinking all the prep solution and any clear liquids 4 hours before your arrival time. Do not have anything else to drink until after your colonoscopy, this includes water.**

**Since you will be sedated for your colonoscopy, you are required to bring someone with you to drive you home after the procedure. You should plan on being at the Endoscopy Center for approximately 2 hours. It is important that you have someone stay with you for several hours after the colonoscopy.**

**Please report to the "Endoscopy Center at Robinwood", Suite 248 located at the Blue/Silver entrance on Date: \_\_\_\_\_ at \_\_\_\_\_ am/pm.**