



NEW PLENVU®

Powder for Oral Solution
PEG 3350, Sodium Ascorbate, Sodium Sulfate, Ascorbic Acid, Sodium Chloride, and Potassium Chloride
140g | 48.1g | 9g | 754g | 5.2g | 2.2g

Same-Day Morning-of-Colonoscopy Dosing*

If you're starting PLENVU® on the **morning** of your colonoscopy

Here's How to Prep

Date of colonoscopy: ____/____/____ Location of colonoscopy: _____

Time of colonoscopy: _____ AM/PM Nothing to drink after: _____ AM/PM

MORNING OF COLONOSCOPY

PLENVU® Dose 1:

Date: ____/____/____

Day of Week: M T W Th F S Su

Time: 4pm ~~AM~~

PLENVU® Dose 2:

Date: ____/____/____

Day of Week: M T W Th F S Su

Time: 9pm AM/PM

MORNING

DOSE 1
16 oz 16 oz
MANGO FLAVOR

WAIT AT LEAST 2 HOURS FROM THE START OF DOSE 1

DOSE 2
16 oz 16 oz
FRUIT PUNCH FLAVOR

READY FOR COLONOSCOPY

Note: actual solution is clear.



Stop drinking liquids at least 2 hours before your colonoscopy or as recommended by your healthcare provider.

TAKE DOSE 1

1. Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time—slowly finish the dose within 30 minutes.
2. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

WAIT AT LEAST 2 HOURS FROM THE START OF DOSE 1, THEN...

TAKE DOSE 2

1. Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time—slowly finish the dose within 30 minutes.
2. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

*The "One-Day Morning Dosing Regimen" (as it is labeled in the Prescribing Information) is referred to as "Same-Day Morning-of-Colonoscopy Dosing."

HELPFUL TIP: PLENVU® can be refrigerated. Use within 8 hours after it's mixed with water.

INDICATION

PLENVU® (polyethylene glycol 3350, sodium ascorbate, sodium sulfate, ascorbic acid, sodium chloride, and potassium chloride for oral solution) is a prescription medication used by adults to clean the colon before a colonoscopy.

IMPORTANT SAFETY INFORMATION

• Do not take PLENVU® if you have a blockage in your intestine (bowel obstruction), an opening in the wall of your stomach or intestine

(bowel perforation), problems with food or fluid emptying from your stomach (gastric retention), a problem with food moving too slowly through your intestines (ileus), a very dilated large intestine, or an allergy to any of the ingredients in PLENVU®.

Please see additional Important Safety Information on back and accompanying full Prescribing Information, including Medication Guide and Instructions for Use.

1 – Gastroenterology Specialists of Gwinnett PC

**721 Wellness Way NW, Suite 100, Lawrenceville, GA 30045 (770) 995-7989, (770) 995-3113
3855 Pleasant Hill Road, Suite 230, Duluth, GA 30096 (770) 495-8300**

**Zack Z. Martin, M.D. D. Bradley Lord, M.D. W. Gordon Tanner, Jr., M.D.
Jae W. Nam, M.D. Pamela Boyd, APRN FNP-C**

LOW FIBER/LOW RESIDUE AND LIQUID DIETS

LOW FIBER DIET: (3 DAYS PRIOR TO COLONOSCOPY):

Soups: Broth, cream soups, tomato, chicken and white rice, noodles

Meats/Protein: Any soft or easy to chew meat or fish. Such as fish or chicken. Avoid red meat.

Vegetables: Well-cooked or canned vegetables, without seeds or skins. Such as carrots, potatoes without skins and tomatoes without seeds or skins.

Fruits: All juices without pulp, cooked or canned fruits without seeds, membranes, or hulls including: applesauce, cherries, peaches, bananas, citrus fruits.

Cereals: No multigrain or high fiber cereals. Refined cereals or ready to eat oatmeal.

Starches: No whole grain, multigrain or wheat breads or pastas. May have enriched white bread, without seeds, biscuits, rolls, crackers or bread made from white flour, plain doughnuts or English muffins, plain macaroni, noodles or spaghetti, white rice, plain waffles or pancakes, saltines.

Cheese/Eggs: Cottage cheese, cream cheese, mild cheese such as American or Swiss. Yogurt without fruit. All eggs.

Desserts: Plain cake, cookies, gelatin, ice cream, pudding, sherbet, pie made from refined flour. No seeds, raisins, coconuts or nuts.

Beverages: Limit milk to two cups a day, carbonated beverages, coffee, tea, fruit-flavored drinks.

Fat: Crisp bacon, butter, cream, margarine, mayonnaise, oils, shortening, smooth salad dressing, sour cream.

LIQUID DIET: (All day on the day prior to the colonoscopy. NO SOLID FOOD FOR THE ENTIRE DAY.)

Soups: Clear consommé, bouillon or broth.

Beverages: Tea, coffee, carbonated drinks, water, Kool-Aid (no red or purple).

Juices: Cranberry (no red or purple), apple, strained lemonade, or orange juice.

Desserts: Gelatins, water-ices, popsicles (no red or purple).

Miscellaneous: Hard candy (Lifesavers, etc.)

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COLONOSCOPY

Colonoscopy is an examination for the inside of the large intestine by means of a flexible tube attached to a source of bright light. The doctor is able to see the lining of the large intestine clearly through this tube.

After completing the preparation at home, come to the facility as instructed, where you will change into a gown. The test will be more fully explained, and you will be given an opportunity to ask questions. The nurse will then insert a small needle into your vein to administer the IV solution. You will receive medication through your IV before and during the procedure to make you relaxed and comfortable. During the exam, you will be lying on your left side on a stretcher bed.

After you are adequately sedated, the doctor will examine your rectum and insert the lubricated tube. During the procedure, you may experience crampy sensations similar to gas pains. These are due to the air put into your intestine through the tube in order to see well and to the tube passing around the bends of your intestine. You may feel that you need to move your bowels due to the presence of the tube and air. You are free to expel air as needed for your comfort. Any excess air can be suctioned out by the physician.

When the exam is over, you will rest in the recovery area until fully awake, and the doctor will explain the results of the exam to you and your family before you leave.

It is necessary to BRING A DRIVER FOR THE TRIP HOME, and you should not resume your usual work or driving until the day following the procedure. Do not eat or drink anything on the morning of the test unless specifically instructed otherwise. Please plan on taking your medications following the examination.

If you have any questions, please call our office at 770-995-3113 or 770-495-8300 even after hours.