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### Colonoscopy with PLENVU Preparation

Procedure Date \_\_\_\_\_ Time \_\_\_\_\_ Arrival Time \_\_\_\_\_

#### Preparation

Your efforts at cleansing your colon are essential for an accurate procedure. These instructions are designed to maximize the ease, safety and success of your preparation. Please read these instructions carefully **at least one week** prior to your exam. Obtain Plenvu Bowel Prep from your pharmacist (**NOTE: this requires a prescription**).

#### Medication and Diet Instructions:

##### Seven days before the procedure:

1. Stop taking **aspirin** (and aspirin-containing products) and Plavix (Clopidogrel).  
Acetaminophen (Tylenol) can be continued or substituted as a pain-reliever for aspirin.

##### Three days before the procedure:

1. Stop taking **Coumadin (Warfarin)**. If you have an artificial heart valve, you need to talk to your primary care physician or cardiologist about using an alternative anticoagulant.
2. Stop taking anti-inflammatory medicines such as Aleve, Motrin, Advil, Ibuprofen, and Naproxyn.
3. Avoid eating nuts, seeds, popcorn, grapes, green peas, beans and tomatoes. Fibers from these foods can clog the colonoscope.

##### **On the day before the examination:**

You may have a regular breakfast. After breakfast, you will need to go on a clear liquid diet. You can drink clear liquids up to 2 hours prior to your appointment. **Avoid juices with pulp** such as orange or grapefruit juice. **No dairy products, cream or soy**. Coffee and tea are O.K. Examples of

If you're starting PLENVU® the **evening before** your colonoscopy,  
**Here's How to Prep**

Date of colonoscopy: \_\_\_\_/\_\_\_\_/\_\_\_\_

Location of colonoscopy: \_\_\_\_\_

Time of colonoscopy: \_\_\_\_\_ AM/PM

Nothing to drink after: \_\_\_\_\_ AM/PM

### EVENING

#### PLENVU® Dose 1:

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Day of Week: M T W Th F S Su

Time: \_\_\_\_\_ PM

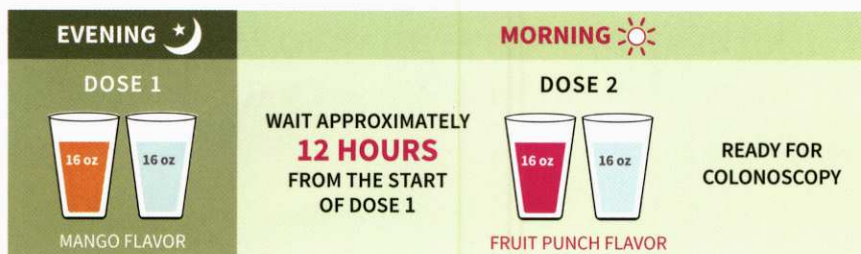
### MORNING

#### PLENVU® Dose 2:

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Day of Week: M T W Th F S Su

Time: \_\_\_\_\_ AM



Note: actual solution is clear.

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



#### Stay hydrated!

It's important that you drink clear liquids before, during, and after your prep.

#### 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 APPROXIMATELY 12 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.

**HELPFUL TIP: PLENVU® can be refrigerated. Use within 6 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.**



## Stay Hydrated for Prep Success

### It's important to stay hydrated before, during, and after taking PLENVU®.

You don't need to drink only water—you can have your choice of clear liquids. Examples of clear liquids include

- Clear soda
- Clear broth soups
- Strained lemonade or limeade
- Gelatin (without fruit or toppings)
- Sports drinks
- Watered-down clear fruit juice (with no pulp)
- Coffee/tea (without milk)
- Popsicles (without pieces of fruit or pulp)

**Do not drink alcohol, milk, red or purple colored liquids, or anything containing pulp.**

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

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For more information about **PLENVU®**, visit **myPLENVU.com**  
or call the toll-free 24-hour hotline at **1-855-MY-PLENVU**

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#### IMPORTANT SAFETY INFORMATION *(continued)*

- It is important to drink sufficient clear liquids before, during, and after the use of PLENVU®. Be sure to consume additional clear liquids after the first dose and second dose of PLENVU®. Stop drinking liquids 2 hours prior to colonoscopy.
- Before you take PLENVU®, talk to your doctor if you:
  - Have problems with serious loss of body fluid (dehydration) and changes in blood salts (electrolytes).
  - Have heart problems or take medication that affects your heart. Your doctor may consider obtaining an electrocardiogram (ECG) test if you are at an increased risk for heart rhythm abnormalities.
  - Have a history of seizures or take antiseizure medication.
  - Have kidney problems or take medication that affects kidney function. Your doctor may want to perform blood testing before and after your colonoscopy.
  - Have a history of stomach or bowel problems, such as ulcerative colitis, a bowel blockage, or a suspected opening in the wall of your stomach or intestine.
  - Have problems swallowing, heartburn (gastric reflux), or if you inhale food or fluid into your lungs when eating or drinking (aspirate).
  - Have a condition that destroys red blood cells, called glucose-6-phosphate dehydrogenase (G6PD) deficiency.
  - Are withdrawing from drinking alcohol.
  - Have phenylketonuria (PKU). PLENVU® contains aspartame equivalent to 491 mg of phenylalanine per treatment.
- Are pregnant or plan to become pregnant.
- Are breastfeeding or plan to breastfeed.
- PLENVU® may affect how other medications work. Tell your doctor about all other medications (including prescription and nonprescription medicines, vitamins, and herbal supplements) you take before you take PLENVU®. Do not take oral medications within 1 hour before or after starting each dose of PLENVU®.
- Symptoms of serious allergic reactions may include skin rash, itching, raised red patches on your skin (hives), swelling of the face, lips, tongue, and throat, and kidney problems.
- In clinical studies with PLENVU®, the most common side effects in patients taking PLENVU® were nausea, vomiting, dehydration, and abdominal pain/discomfort.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

For product information, adverse event reports, and product complaint reports, please contact:

Salix Product Information Call Center

Phone: 1-800-321-4576

Fax: 1-510-595-8183

Email: [salixmc@dlss.com](mailto:salixmc@dlss.com)

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

clear liquids include broth and bouillon, Jell-O, clear juices (white grape or apple), sports drinks such as Gatorade or PowerAde, sodas such as Sprite, 7-Up, or ginger ale, lemonade, popsicles, coffee or tea and of course, water. **Avoid red or purple colored liquids.** You may use sugar, honey, or lemon. **It is important that you drink as much fluid as you can throughout the day.** It is also worthwhile to get a supply of aloe wet wipes and Desitin ointment to ward off a sore bottom.

#### **Day of the procedure:**

1. Do not eat or drink anything 2 hours prior to your appointment.
2. You should be accompanied by a friend or relative to drive or assist you home.  
You will not be allowed to drive for 12 hours after the procedure.
3. You should take your regular medications with sips of water unless you are instructed otherwise.
4. **Special Instructions:**
  - \_\_\_ If you are a diabetic taking insulin, hold the morning dose of insulin the day of the procedure.
  - \_\_\_ If you have an artificial heart valve, or have a previous history of endocarditis, or other specific indication, your doctor may prescribe pre-procedure antibiotics.
  - \_\_\_ Be sure to remember any allergies to medications and to latex, or conditions that would make you sensitive to sedation such as sleep apnea syndrome.

#### **Commonly asked questions:**

##### ***How do I know if my prep is adequate?***

The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick. If there is any question, you can self-administer a fleet enema prior to leaving home for the procedure.

##### ***What side effects may I expect?***

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake (especially with the sports drinks such as Gatorade or PowerAde).

##### ***Will the prep interfere with my other medication(s)?***

Medications taken at least an hour before beginning the prep should be adequately absorbed, but thereafter, they are likely to be washed away by the prep.

##### ***What if I have other questions?***

Call our office to address any other concerns not answered here.