

# SUPREP/PLENVU TWO DAY PREP | Colonoscopy Preparation Instructions

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Name: «FirstName»      Date of Procedure:      with: Dr. «RendPrLName»      Arrival Time:  
Alaska Digestive Center: 563-1750      ARH: 264-2055      PAMC: 212-3124      SCOW: 631-3578  
4048 Laurel Street STE 103a

## ONE WEEK BEFORE COLONOSCOPY

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- You **must** have a responsible adult drive you home. If you do not have a ride arranged, we will not be able to perform the procedure. Public transportation is only allowed with an adult escort.
- Call your pharmacy prior to picking up the prep to ensure they have the prescription.
- **Medications**
  - Blood-thinning medications may need to be discontinued. Take your last dose of      on
  - May continue to take regular medications, unless instructed by provider or nursing staff
    - **Stop Taking**
      - Prescription Iron pills
    - **Stop Eating**
      - Seeds, nuts, tomatoes, berries, corn, popcorn, and breads with seeds or nut

## TWO DAYS BEFORE COLONOSCOPY

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- Obtain Covid Test
- **Start clear liquid diet. No solid foods, dairy or non-dairy products, juices with pulp, red or purple colors, and alcohol.**
- Clear Liquids include: Water, Apple Juice, Gatorade, Broth, Jello, Popsicles, soda, etc.
- Mix **SUPREP** bowel solution at 6:00 PM:
  - Suprep contains two 6 oz. bottles. You will drink one bottle the night before the colonoscopy and the second bottle the morning of the colonoscopy.
  - Start drinking prep at 6:00 pm
    - Pour one 6 oz. bottle of Suprep liquid into the mixing container.
    - Add cool drinking water to the 16 oz. line on the container and mix.
    - Drink all the liquid in the container
    - After finishing the container, you **MUST** drink two (2) more 16 oz. containers of water over the next 1 hour.
- **Patients that are Diabetic**
  - Evening Dose Only: Take ½ the dose of your diabetic medication(s).

## ONE DAY BEFORE COLONOSCOPY

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- **Continue your clear liquid diet. No solid foods, dairy or non-dairy products, juices with pulp, red or purple colors, and alcohol.**
- Clear Liquids include: Water, Apple Juice, Gatorade, Broth, Jello, Popsicles, soda, etc.
- Mix the second bottle of Suprep solution at 08:00 AM:
  - Start drinking prep around 8:00 AM- 9:00 AM
    - Drink all the liquid in the container
    - After finishing the container, you **MUST** drink two (2) more 16 oz. containers of water over the next 1 hour.

- ◆ **Patients that are Diabetic**

- Take ½ the dose of your diabetic medication(s) the day before your procedure
- No dose the day of the procedure

- Mix **PLENVU** bowel prep solution at 6:00 PM:

- Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of cool 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.
- Refill the container with at least 16 ounces of the clear liquid of your choice. Again, take your time and slowly finish all of it within 30 minutes
- Continue clear liquid diet throughout the evening (NO SOLID FOOD)

## **DAY OF COLONOSCOPY**

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- Continue clear liquid diet–No Solid Food.
- Start drinking **PLENVU** prep four (4) hours prior to procedure time:
  - Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of cool water.
  - Repeat ALL the steps LISTED above.
  - NOTHING TO EAT OR DRINK Three (3) HOURS PRIOR TO PROCEDURE TIME.