

# PLENVU / MOM

**This exam requires careful preparation!**

**Read through these instructions carefully at least 7 days prior to your procedure.  
Call office at 601-355-1234 with questions.**

## **A WEEK BEFORE your procedure, you will need to:**

- Purchase a small bottle of Milk of Magnesia.
- Purchase Simethicone (Gas-X), 125 mg – 6 tablets.
- Pick up your bowel preparation (PLENVU) from the pharmacy.
- Purchase items for low-residue/low-fat diet and clear liquids (see additional sheet for details).
- Five (5) days before your scheduled procedure, stop taking all iron supplements.

Pharmacy  
Pick Up

GIA Gardens RX-Please call the pharmacy at 601-326-3516 if you would like to have your prep mailed to you.

Other:

You are taking \_\_\_\_\_ . You should take the last dose on \_\_\_\_\_ .

**Additional Medication  
Instructions:**

## **THREE DAYS BEFORE your procedure**, start a low-residue diet (guidelines included).

- Stop eating seeds, popcorn, nuts, corn, whole grains, salads, and other forms of roughage or fiber.

## **TWO DAYS BEFORE your procedure**

### **6:00 PM: Take 3 tablespoons of Milk of Magnesia.**

**After this, start a clear liquid diet.** DO NOT eat any solid or soft foods or dairy until your procedure is completed.

- Clear liquids include water, clear juice, black coffee, tea, broth, Jello, soft drinks, and popsicles (nothing red, no dairy products, no orange juice, no alcohol). Drink all the clear liquids you want. **Stay hydrated.**

**Please follow these instructions for the prep, NOT the instructions listed on or included in the prep box.**

## **ONE DAY BEFORE your procedure**, continue a clear liquid diet. No solid food or dairy.

**Dose 1:** Anytime between 4:00pm and 6:00 pm

**Step 1:** Mix or shake the contents of dose 1 pouch in the provided mixing container with at least 16 ounces of water. Mix until it's completely dissolved, which may take up to 2 to 3 minutes. It can be refrigerated. Use within 6 hours of mixing.

**Step 2:** Drink dose 1 over the next 30 minutes. Drink an additional 16 ounces of clear liquids over the next 30 minutes.

**Step 3:** Take 3 Simethicone tablets with the last cup of clear liquid. You may continue to have clear liquids tonight.

**\*\*\* Note: If you take Lovenox, do not take your evening dose or your dose on the morning of your procedure. \*\*\***

## **THE DAY of your procedure**

**Dose 2:** If your arrival time is before 11:00 AM, take the second dose of your prep at 10:00 PM the night before your procedure. If your arrival time is 11:00 AM or later, take the second dose of your prep 4 to 6 hours before your arrival time. Timing is essential. You may need to start in the middle of the night.

**Step 1:** Mix or shake dose 2 (Pouch A and Pouch B) in the provided mixing container with at least 16 ounces of water.

**Step 2:** Drink dose 2 over the next 30 minutes. Drink an additional 16 ounces of clear liquids over the next 30 minutes.

**Step 3:** Take 3 Simethicone tablets with the last cup of clear liquid. You may continue to have clear liquids until 3 hours before arriving and then NOTHING to EAT or DRINK!

- **Take** blood pressure, heart, and seizure medication(s) at least 3 hours before your arrival time.
- **Use** respiratory inhalers, as directed, on the day of your procedure and bring inhaler(s) with you.
- **DO NOT take** your diabetic medications (pills and/or insulin). If on an insulin pump, continue just basal rate.
- **Bring** your medication list with dose and strength, insurance card(s), and identification or driver's license.
- **DO NOT** wear jewelry/watch or bring valuables. We are not responsible for broken or lost items.

(3 hours before arriving) **NOTHING to EAT or DRINK! NOT EVEN A SIP OF WATER!**

