

# COLONOSCOPY PREPARATION

## Five days prior to procedure:

Please **STOP** any **NSAIDs** which include Motrin, Ibuprofen, Aleve, and Advil.

Please **STOP** Flaxseed, Fish Oil and Biotin.

## Three days prior to procedure:

**START** a low fiber diet:

**AVOID** seeds, nuts, corn, peas, beets or foods with skins on them such as tomatoes, cucumber, grapes, etc.

## One day prior to procedure:

**Begin** clear liquid diet. You may have **clear liquids ONLY**.

Do not consume milk, alcohol, any red or purple colored liquids, or drinks that contain pulp.

**STOP** drinking liquids at least **4** hours before your colonoscopy.

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**NEW PLENVU®**  
Powder for Oral Solution

PEG 3350, Sodium Ascorbate, Sodium Sulfate, Ascorbic Acid, Sodium Chloride, and Potassium Chloride  
140g | 48.1g | 9g | 7.4g | 5.2g | 2.2g

**2-Day Split-Dosing**

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: **10:00** PM

**MORNING**

PLENVU® Dose 2:

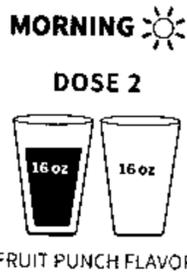
Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Day of Week: M T W Th F S Su

Time: **2:00** AM



WAIT APPROXIMATELY  
**12 HOURS**  
FROM THE START  
OF DOSE 1



READY FOR  
COLONOSCOPY



**Stay hydrated!**

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

Note: actual solution is clear.

**4**

Stop drinking liquids at least **4** 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 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.

(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®.

**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

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



# NEW PLENVU®

Powder for Oral Solution

PEG 3350, Sodium Ascorbate, Sodium Sulfate, Ascorbic Acid, Sodium Chloride, and Potassium Chloride

140g | 48.0g | 9g | 7.54g | 5.2g | 2.2g

## 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.

For more information about PLENVU®, visit [myPLENVU.com](http://myPLENVU.com) or call the toll-free 24-hour hotline at **1-855-MY-PLENVU**

#### 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@diss.com](mailto:salixmc@diss.com)

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



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