


## Digestive Health Center

# Colonoscopy Prep Instructions - Plenvu

Please see attached Medication Information sheet.

2 Days Before	1 Day Before	Night Before	Morning of Your Procedure
<p>Drink at least eight 8-ounce glasses of water during the day.</p> <p>Take a dose of MiraLax in the evening to ensure a good prep. It should not give you diarrhea or interfere with your daily activities. You can get MiraLax from your local drug store or obtain a complimentary packet from the Cedar Valley Digestive Health Center at 1015 S. Hackett Rd. in Waterloo.</p>	<p><b>DRINK ONLY CLEAR LIQUIDS THE ENTIRE DAY.</b> Your preparation will be better if you drink extra fluids. Begin drinking clear liquids first thing in the morning and continue throughout the day. <i>(Note: if you are on fluid restrictions, please let us know).</i></p> <p>Drink an 8-ounce glass every hour at minimum. <i>It is important that you drink plenty of liquids to ensure that the laxative will work and to avoid dehydration.</i></p> <p><b>Please see Clear Liquid Diet sheet</b></p>	<p>Start your laxative at 6:00 pm. Using the mixing container, mix dose one's pouch with with at least 16 ounces of water and stir until completely dissolved. (This may take two to three minutes). Drink all the liquid. When finished, you must drink two more 16-ounce glasses of clear liquid within the next hour to help the laxative work.</p>	<p>Take the second dose of laxative <b>4 hours</b> prior to your arrival time (plus drive time). Using the mixing container, mix the contents of dose two (Pouch A and Pouch B) with at least 16 ounces of water and stir until completely dissolved. (This may take two to three minutes). Drink all the liquid. When done you must drink 2 more 16-ounce glasses of clear liquid within the next hour to help the laxative work. Even if your stools were clear after your laxative dose last evening, you <b>must</b> drink the second laxative dose.</p> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p><b>STOP DRINKING CLEAR LIQUIDS 2 HOURS PRIOR TO YOUR ARRIVAL TIME.</b></p> </div> </div> <p><b>Your stools should be clear or yellow, so that you can see through to the bottom of the toilet following a bowel movement.</b> If you are having stools that are brown or contain pieces, call our office at 319-234-5990.</p> <p><b>*Take medications at least 2 hours before or after drinking the laxative.</b></p> <p>If you use inhalers, please bring them with you.</p>

Date of procedure \_\_\_\_\_ Arrival Time \_\_\_\_\_

**\*\* EXPECT TO BE HERE 3-4 HOURS \*\***

**Location: Cedar Valley Digestive Health Center**  
1015 S. Hackett Rd., Waterloo, IA 50701

If you have any questions or concerns, please call our office at 319-234-5990.  
Office hours are Monday–Friday from 8:30 a.m. - 5:00 p.m., with phones answered 24 hours per day for emergencies.