



Skyline Gastroenterology of West Tennessee  
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## PLENVU INSTRUCTIONS

\*Clear liquids **ALL DAY** the day before your procedure on: \_\_\_\_\_

**\*\*NO SOLID FOODS THIS DAY\*\***

“Clear liquids” means liquid without substance. Examples: Water, tea, coffee (no creamer or milk), bouillon, broth, apple juice, white grape juice, ANY soft drinks, Kool-Aid, Gatorade. Hard candy, popsicles, ice and jello (without fruit) are also OK.

**NO red or purple!! NO orange juice or other pulp-containing juices, tomato juice, milk or ice cream!!**

On \_\_\_\_\_ @ \_\_\_\_\_ take 4 Dulcolax tablets. Then drink at least 8oz clear liquids every hour after that.

On \_\_\_\_\_ @ \_\_\_\_\_ Use the mixing container to mix the contents of the **Dose 1 Pouch** with 16oz of water, by shaking until it is completely dissolved. Drink slowly, but finish within 30 minutes. Refill the container with another 16oz of clear liquids, your choice, drink slowly, but again finish within 30 minutes.

**\*Continue drinking clear liquids throughout the day! \***

On \_\_\_\_\_ @ \_\_\_\_\_ Use the mixing container again to mix the contents of the **Dose 2: Pouch A and Pouch B** with 16oz of water, by shaking until it is completely dissolved. Drink slowly, but finish within 30 minutes. Refill the container with 8oz of clear liquids, your choice, drink slowly, but again finish within 30 minutes.

**NOTHING TO DRINK AFTER** \_\_\_\_\_.

Report to: \_\_\_\_\_ SEC-27 “B” Medical Center Dr. at \_\_\_\_\_ on \_\_\_\_\_.  
\_\_\_\_\_ JMC GH-620 Skyline Dr. at \_\_\_\_\_ on \_\_\_\_\_.

- Bring a **DRIVER**. Also bring your insurance card, photo ID, and a list of all of your medications.
- Notify the doctor if on any blood thinners.
- Take any blood pressure, heart, or seizure medications the morning of your procedure. **DO NOT** take any diabetic medications.
- If you have any questions call 731-280-0157