

Colonoscopy Preparation Instructions

PLENVU (PM PROCEDURE)

****Please pick up prep at your pharmacy within a week from being seen in the office****

1. THREE DAYS PRIOR TO YOUR PROCEDURE

- Please start a low residue/low fiber diet.
 - o Acceptable low residue/low fiber diet include:
 - Meat
 - Bacon
 - Fish
 - Chicken
 - Cheese
 - Eggs
 - Milk
 - Yogurt
 - Oatmeal
 - Cream of wheat
 - Pancakes
 - Waffles
 - Cake
 - Saltine Crackers
 - White bread
 - Pasta
 - Rice
 - Potato
 - Squash
 - Avocado
 - Canned fruit
 - Olive oil
 - Butter
 - Chocolate

2. THE DAY BEFORE YOUR PROCEDURE

- Start a clear liquid diet, (***this includes the bowel prep!***)
 - o Acceptable clear liquids include:
 - Beef or chicken broth
 - Jell-O or popsicles (***NO RED, PURPLE OR ORANGE***)
 - Sprite
 - 7-UP
 - Ginger Ale
 - Apple juice
 - Water
 - Tea or coffee (***PLAIN, NO CREAM OR SUGAR***)

3. THE DAY (MORNING) OF YOUR PROCEDURE

- Beginning at **4 AM**
 - o Begin DOSE 1 of Plenvu
 - Empty DOSE 1 packet into the mixing container
 - Add cold drinking water to the 16oz line on the container and mix well.
 - Drink all of the liquid (16oz) slowly within 30 minutes. **IMPORTANT:** Over the next hour you **MUST** drink two more 16oz glasses of WATER.
- Take DOSE 2 of Plenvu, **5 hours prior to your arrival time**
 - o Use the same steps as in DOSE 1

****Also, you may not have ANYTHING within 3 hours of your arrival time. ****

Your procedure may be cancelled if you do so.

- 4. Arrange to take the day off of work since anesthesia will be administered. You **MUST** have a **responsible adult driver present at the time of arrival and during your recovery.** We cannot start the procedure without your driver present in the building. You will NOT be able to drive yourself home after the procedure. **Uber, Lyft, Taxi, bus or other forms of “public transportation” are NOT acceptable means of returning home after the procedure.** If you do not have an acceptable mode of transportation home after the procedure, your appointment will be cancelled and rescheduled to a different date.

5. All body piercings MUST BE REMOVED prior to arrival.

6. MEDICATION MODIFICATIONS

****PLEASE DO NOT STOP TAKING YOUR ASPIRIN****

- **Stop** Coumadin 5 days prior to the procedure
- **Stop** Pradaxa, Xarelto and Eliquis 2 days prior to the procedure
- **Stop** Plavix 7 days prior to the procedure
- **Stop** any anti-inflammatory medication 1 day prior to the procedure (including ibuprofen)
- **Stop** any arthritis medication 1 day prior to the procedure
- **DO NOT TAKE** insulin or any other oral diabetic medications the morning of the procedure. Be sure to check your blood sugar 4 hours prior to your appointment time. If your blood sugar is low, drink a glass of apple juice
- Please take ½ dose Lantus the night before the procedure (*if you are prescribed this*)
- **Continue to take any other prescription medications that are not listed above. They must be taken no later than 3 hours prior to your arrival time.**

****IF YOU ARE NOT SURE IF YOUR MEDICATIONS FALLS UNDER ANY OF THESE CATEGORIES, PLEASE CONTACT YOUR PHARMACY FOR FURTHER ASSISTANCE. ****

Your exam is scheduled on _____ at _____ am / pm

At _____ . Please arrive no later than _____ am / pm

-Please arrive no later than your arrival time to your appointment time

YOUR PROCEDURE MAY BE CANCELLED AND RESCHEDULED IF YOU ARE LATE!

*******PLEASE BE FLEXIBLE. YOUR PROCEDURE TIME MAY VARY DEPENDING ON NUMEROUS FACTORS (cancellations, procedural delays, etc.) *******

Important: It is important that you contact your insurance company **5 DAYS PRIOR** to your procedure date. You may have a co-payment the day of your procedure and are responsible to verify with your insurance in advance. *Patients calling to cancel less than 2 business days due to a high co-payment may be subject to a \$150.00 cancellation fee.*