

Colonoscopy Preparation Instructions

PLENVU (*AM 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	▪ Oatmeal	▪ Rice
▪ Bacon	▪ Cream of wheat	▪ Potato
▪ Fish	▪ Pancakes	▪ Squash
▪ Chicken	▪ Waffles	▪ Avocado
▪ Cheese	▪ Cake	▪ Canned fruit
▪ Eggs	▪ Saltine Crackers	▪ Olive oil
▪ Milk	▪ White bread	▪ Butter
▪ Yogurt	▪ Pasta	▪ 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	▪ Ginger Ale
▪ Jell-O or popsicles (<i>NO RED, PURPLE OR ORANGE</i>)	▪ Apple juice
▪ Sprite	▪ Water
▪ 7-UP	▪ Tea or coffee (<i>PLAIN, NO CREAM OR SUGAR</i>)
- Beginning at **8pm**
 - 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.

- THE DAY (MORNING) OF YOUR PROCEDURE

- Take DOSE 2 of Plenvu, **5 hours prior to your arrival time** (*this may mean waking up as early as 2am*)
 - 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 canceled 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.

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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
- **Stop** Trulicity, Byetta, Saxenda, Victoza, Ozempic, Wegovy, Rybelsus, and Mounjaro **ONE WEEK PRIOR** to your procedure.
- **Stop** Canagliflorzin, Dapagliflozin, and Empagliflozin, **THREE DAYS PRIOR** to your procedure.
- 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

****DO NOT ARRIVE EARILIER THAN YOUR ARRIVAL 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.*