



Procedure Instruction Packet

READ this instruction packet completely at least 7 days prior to your procedure!!

***Your procedure may be cancelled if these instructions are not followed.*

Date of Procedure: _____

Procedure Scheduled: _____

Required Arrival Time: _____

- *We ask all patients to arrive 1 hour prior to the estimated start time of their procedure.*

Estimated Start Time of Procedure: _____

- *Note: The exact time for each procedure varies from patient to patient. Our physicians give each patient outstanding care and undivided attention.*

Please print this packet out if you are receiving it by email.

It is important that you read the instructions a few times before your procedure. We recommend you set a reminder on your calendar 7-10 days prior to your procedure to ensure you are prepared and understand your restrictions.



Important: If you are scheduled for a colonoscopy, *follow our instructions ONLY. Do **NOT** follow the instructions within the colonoscopy prep kit you receive at the pharmacy.*

Following the instructions within this packet is very important. We want to ensure your procedure will be performed with success.

You will receive a confirmation call or text 72 hours prior to your scheduled procedure.

Colonoscopy Prep Instructions with Plenvu Prescription

YOUR BOWEL Prep IS VERY IMPORTANT- Please read instructions carefully!

10 Days Prior	1 Week Prior	5 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>You must STOP taking Phentermine, or any medication containing Phentermine.</p> <p><u>Examples:</u> Qsymia, Qnexa, Adipex-P, Suprenza, Fastin or Phentercot</p>	<p>Pick up your prescription.</p> <p><u>Only follow these instructions. Do NOT follow box instructions.</u></p> <p>If you take dietary, herbal or fiber supplements, or medications containing iron, discontinue these 7 days before your appointment.</p> <p>If you take Coumadin, Plavix, Pradaxa, Xarelto, Eliquis or other blood thinners: You must obtain permission to withhold this medication prior to your procedure.</p> <p>Contact our pre-operative nurse for concerns or questions at 410 224-3636</p> <p>You MAY continue to take: once daily aspirin (81mg or 325mg daily)</p>	<p>Stop consuming all food with seeds, corn and nuts.</p> <p>Stop taking ibuprofen, Advil, Aleve and NSAIDs</p> <p>You may take Tylenol as needed.</p>	<p>Drink at least four 8oz. glasses of water throughout the day.</p>  <p>Blood Pressure and Heart medications: Continue to take these medications as directed. Take them the day of your procedure with a small sip of water no less than 2 hours before procedure.</p> <p>Inhalers and Nasal Spray: Continue to take these medications as directed. Bring with you day of procedure.</p> <p>If you have a fever, cold, or respiratory symptoms within 48 hours of your procedure- call us.</p> <p>NO Solid Foods after midnight</p>	<p>Begin clear liquid. NO Solid foods today. Red, purple or blue colored liquids are not allowed.</p> <p>Acceptable clear liquids include: water, clear broth, apple juice, white cranberry juice, white grape juice, soda, gelatin (Jello), popsicles, coffee, and tea (<u>no milk or creamer</u>).</p> <p>If you are taking diabetic medication, cut your dose in half this day and do not take any diabetic medication day of procedure.</p> <p>If you have an insulin pump, check with prescribing MD for instructions.</p>  <p>Drink at least four 8oz. glasses of water throughout the day. Do NOT drink alcohol the day before your procedure.</p> <p>6pm: Begin Plenvu Prep- Part 1</p> <p>Step 1-Empty Dose 1 Pouch (Mango Flavor) in container. Add 16oz. water. Mix with spoon to dissolve.</p> <p>Step 2- Drink solution until all solution has been consumed within 30 minutes.</p> <p>Step 3- Refill container with 16oz water and drink slowly over 30 minutes.</p> <p><u>It should take you no more than 1 hour to complete these steps.</u></p>	<p>Morning Dose Plenvu- Part 2</p> <p>If your procedure is scheduled before 1130am: At 3am complete below steps.</p> <p>If your procedure is scheduled after 1130am: At 730am complete below steps.</p> <p><u>It should take 1 hour to complete</u></p> <p>Step 1- Empty dose 2 (pouch A & B) into container. Add 16oz. water. Mix with spoon to dissolve.</p> <p>Step 2- Drink solution until all solution has been consumed within 30 minutes.</p> <p>Step 3- Refill container with 16oz water and drink slowly in 30 minutes.</p> <p><u>It should take you no more than 1 hour to complete these steps.</u></p> <p>**You need to finish 4 hours prior to your procedure.</p> <p>Nothing by mouth at least 4 hours prior to scheduled procedure time-including gum, hard candy or mints.</p> <p>No smoking the day of procedure.</p> <p>You may take your essential morning medications with a small sip of water, at least 2 hours prior to your procedure, unless otherwise directed by your physician.</p> <p>You will need: -Insurance Cards -Driver's License/Photo ID -Any co-insurance fees due -A responsible adult driver to drive you home. A taxi or shuttle is not an approved means of transportation unless you have a family member or friend with you. You may not drive until the day after your procedure.</p>

