

GASTROHEALTH



PLENVU 2-DAY SPLIT DOSING COLONOSCOPY PREP

COLONOSCOPY INSTRUCTIONS

CANCELLATIONS UNDER 48 HOURS OR NO SHOWS may result in a FEE or INABILITY TO RESCHEDULE (Please refer to our Financial Policy)

PLEASE READ THESE INSTRUCTIONS CAREFULLY AS SOON AS YOU RECEIVE THEM!!

DATE: _____ **ARRIVAL TIME:** _____ **PROCEDURE TIME:** _____

▪ **The Endoscopy Center of West Central Ohio • 2793 Shawnee Road • Lima, Ohio 45806 • 419-227-0341**

ADDITIONAL INSTRUCTIONS:

GENERAL INSTRUCTIONS:

PLEASE LET US KNOW IF YOU HAVE AN *IMPLANTABLE DEFIBRILLATOR

(A device that will shock the heart if it stops beating)

• **DO NOT EAT CORN OR POPCORN ONE WEEK BEFORE YOUR PROCEDURE.**

• **DIABETIC PATIENTS PLEASE FOLLOW THESE GUIDELINES:**

Oral Antidiabetic Medication: DO NOT take the day before or day of your procedure.

Insulin: Day before your exam take ½ dose in the morning or the afternoon.

NO EVENING DOSES of insulin the day before the exam.

• You will need to have a designated driver, **WHO REMAINS IN THE FACILITY AT ALL TIMES on the day of the procedure**, (not a taxi) as you will be sedated and too sleepy to drive your self home.

• Consider purchasing and preparing items from the clear liquid list ahead of time.

• **YOU WILL NEED TO PURCHASE THE FOLLOWING PRESCRIPTION:**

(1) PLENVU BOWEL PREP KIT

THE DAY BEFORE COLONOSCOPY:

Drink **ONLY CLEAR LIQUIDS** the **ENTIRE day** prior to your colonoscopy.

(From the time you wake up until the time you go to bed.)

• **DRINK AT LEAST 2 QUARTS OF CLEAR LIQUIDS TODAY.**

• **Solid foods , Milk, Milk Products are NOT allowed today!**

CLEAR LIQUIDS INCLUDE: (NOTHING RED)

- Strained fruit juices, without pulp (apple, white grape, white cranberry)
- Water
- Clear broth (Chicken or Beef)
- Gatorade (NO RED)
- Iced Popsicles
- Clear carbonated and non-carbonated soft drinks. (7-Up, Sprite, etc.)
- Kool Aid & Fruit flavored drinks
- Plain Jell-O / nothing added (NO RED)
- **BLACK COFFEE**
- **UNSWEETENED TEA**

PREP TIMES:

• **TAKE PLENVU DOSE 1 (MANGO) TIME:** _____

1. Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 oz of water & shake or stir until completely dissolved. Slowly drink Dose1 within 30 minutes.

2. Refill the container with at least 16oz of clear liquid. Drink & finish within 30 minutes.

* **WAIT AT LEAST 12 HOURS FROM THE START OF DOSE 1, THEN.....***

• **TAKE PLENVU DOSE 2 (FRUIT PUNCH) TIME:** _____

1. Use the mixing container to mix the contents of Dose 2 (Pouch A & B) with at least 16 oz of water & shake or stir until completely dissolved. Slowly drink Dose 2 within 30 minutes

2. Refill the container with at least 16 oz of clear liquid. Drink & finish within 30 minutes.

DAY OF THE COLONOSCOPY

• **4 HOURS BEFORE YOU LEAVE YOUR HOME:** Take **Heart, Blood Pressure**, and/or **Seizure Medication** (if normally taken in the morning) with a small sip of water.

• **NOTHING TO EAT OR DRINK 4 HOURS PRIOR TO THE COLONOSCOPY**

• **NO CHEWING GUM OR CHEWING TOBACCO on day of colonoscopy.**