

PREP INSTRUCTIONS FOR COLONOSCOPY WITH **Plenvu**

Your Colonoscopy is scheduled for:



Date of Procedure: _____	Arrival Time: _____
Provider: _____	Phone: _____
Facility Name/Address: _____	

IMPORTANT*READ THIS NOW

- Please review all of these instructions.
- Missed appointments or appointments that are cancelled within **72 hours of your procedure**, will be subject to a **\$100 fee**.
- Use these instructions and **NOT** the instructions listed on the colon prep packaging.
- Please see our website for Frequently Asked Questions.

Do these things 7 days before your procedure:

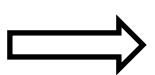
- **STOP** iron medication and iron supplements. Multivitamins are ok to continue.
- If you are taking blood thinners, the office will call you with instructions per your cardiologist.
- If you are taking diabetic/weight loss medications such as Ozempic, Trulicity or Mounjaro, and your injection is **ONCE PER WEEK**, please stop 7 days before your procedure.
- Please make sure you have a responsible adult with you when you arrive to the facility. This adult must stay at the facility during the procedure and drive you home afterwards. You will **NOT** be able to drive due to the sedation you will receive. You will not be able to take Lyft, Uber or other public transportation to or from the facility.
- If you are taking insulin or oral diabetic medications, please let our office know and call the doctor who ordered it for special dosing instructions for the day of the prep and the procedure day. We do not want your blood sugar to be too low.

Do these things 5 days before your procedure:

- Pick up your prescription (if you don't already have it): Four (4) 80mg Simethicone (gasx) and One (1) Plenvu kit.
- Check with your insurance because it is your responsibility to know your co-pay and deductible amounts.

Do these things 3 days before your procedure:

- Last chance to cancel your appointment without a \$100 fee. Not showing will also be charged a fee.
- **STOP** eating the following foods: raw fruits and vegetables, nuts, seeds, corn, beans, popcorn and multigrain foods until after your procedure.
- **STOP ALL** fiber products, such as Benefiber, Metamucil, Fiber One products and high fiber cereals until after your procedure.
- **STOP ALL** supplements such as fish oil, vitamins and calcium until after your procedure.
- **STOP ALL** diet pills or anything containing Xenical or Olestra until after your procedure.



Do these things 2 days before your procedure:

- Drink at least 8 glasses of water throughout the day.
- Confirm your driver/responsible party who will need to stay in the building during your procedure.

Do these things 1 day before your procedure:

- **DO NOT EAT ANY SOLID FOOD TODAY**
- If you are taking diabetic/weight loss medications, such as Rybelsus, Ozempic, Trulicity or Mounjaro, and your pill/injection is **EVERY DAY**, please stop 1 day before your procedure.
- You may only have clear liquids all day and night.
- **NO RED, PURPLE, ORANGE or BLUE.**
- **NO MILK PRODUCTS**
- **NO ALCOHOL or MARIJUANA (it interacts with anesthesia and prevents you from signing consent)**
- Clear liquids are: water, tea or black coffee, any broth, apple juice, soda, ginger ale, Gatorade, popsicles and Jell-O (remember your color restrictions).
- The more clear liquid you drink during the day and during your prep, the better your prep will work and you will stay hydrated.
- Start drinking your prep according to instructions below.

Starting the Plenvu:

1. At **5:00pm**, pour the packet for Dose 1 into the container provided. Fill to the fill line with lukewarm water and mix well.
2. Drink **ALL** of the solution within **30 minutes**. Some say it is easier to drink cold and/or with a straw. The prep could take effect within 20 minutes, so stay close to the bathroom.
3. Chew one (1) Simethicone (anti-gas, gas-x) chewable AND drink an additional one (1) of the provided container of water over the next **one (1) hour**.
4. Continue to hydrate.

It is essential to drink the amount of liquid instructed. If you experience nausea, bloating or cramping, pause or slow the rate of drinking the additional water until symptoms diminish.

Do these things the day of your procedure:

Finishing the Plenvu:

5. Starting **6 hours** before your arrival time, pour the packets A and B for dose 2 in the container provided. Fill to the fill line with lukewarm water and mix well.
6. Drink **ALL** of the solution within **30 minutes**.
7. Over the next **one (1) hour**, drink one (1) of the container provided full of water and chew the remaining three (3) Simethicone tablets.

YOU MUST COMPLETE STEP 7 AND STOP ALL LIQUIDS 4 HRS PRIOR TO YOUR ARRIVAL.

- **DO NOT EAT ANY SOLID FOOD UNTIL AFTER YOUR PROCEDURE.**
- You may take blood pressure, seizure and anti-anxiety medication **ONLY** at least 4 hours to arrival.
- Please use your regular inhalers the morning of your procedure and bring your inhalers with you to your procedure.
- **NOTHING** by mouth 4 hours prior to your procedure or your procedure will be canceled.
- **NO** gum or hard candy.
- Bring insurance card, photo id and all medications to your procedure.