



Patient Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Procedure Date: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

Physician: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Procedure Location: \_\_\_\_\_

## COLONOSCOPY PREP INSTRUCTIONS WITH PLENVU

### THE WEEK BEFORE YOUR PROCEDURE

- Confirm your transportation—Patients cannot drive a vehicle for the remainder of the day after their procedure. A responsible adult must be with you to drive you home or accompany you if using any ride service.
- Stop taking supplements, iron, vitamin E, and fish oil.
- Stop eating seeds, nuts, corn, and popcorn. Please stay on a LOW fiber diet and avoid all raw vegetables.
- If you have a history of constipation, take a capful of Miralax every night for 7 days prior to your procedure. If you have had a failed bowel prep in the past, contact your provider for guidance.

### THE DAY BEFORE YOUR COLONOSCOPY

- Stop eating solid food.
- You should drink **ONLY CLEAR LIQUIDS**. Clear liquids include water, clear sodas, clear broth, electrolyte drinks, Jello, apple juice, white grape or white cranberry juice, lemonade, and coffee or tea (without milk, cream, or non-dairy creamer).
- Do not have anything colored red, blue or purple.

**STEP 1:** At 5:00 p.m., use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it is completely dissolved. Drink slowly and finish within 30 minutes.

**STEP 2:** Drink 2 more 16 ounce containers of clear liquid over the next hour.

**STEP 3:** Drink at least an additional 16 ounces of clear liquids during the evening.

**IMPORTANT:** If nausea, bloating, or abdominal cramping occurs, pause and slow down the rate of drinking the solution until your symptoms improve. Then continue to finish the bottle of solution.

### THE DAY OF YOUR COLONOSCOPY

Continue to drink **ONLY CLEAR LIQUIDS**. **NO SOLID FOOD UNTIL AFTER YOUR PROCEDURE**. Start the second dose of Plenvu 5 hours prior to your procedure at \_\_\_\_\_ a.m.

**STEP 1:** Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. Drink slowly and finish within 30 minutes.

**STEP 2:** Refill the container with at least 16 ounces of water and slowly drink within 30 minutes.

**You must STOP drinking all liquids 3 hours before your procedure time. In the 3 hours before your procedure, you must have nothing by mouth (no gum, hard candy, smoking/vaping, or even sips of water).**

**MEDICATIONS**

If you use an inhaler, please bring it with you to the procedure.

**BLOOD PRESSURE:** If you take medication in the morning, take it with a small sip of water no later than 3 hours before your procedure.

**DIABETICS:** If you are **DIABETIC** do not take your oral diabetes medicines on the day of the procedure. If you take insulin, do not take it in the morning of the procedure, but bring it with you. If you take a GLP-1 agonist (Ozempic, Wegovy, Trulicity, Victoza, Rybelsus, Semaglutide) it must be stopped for 1 week prior to the procedure if you take it weekly, and for 1 day if you take daily. Contact your prescriber for specific advice on how to manage your blood sugar while you are not taking these medications.

**PRESCRIPTION WEIGHT LOSS MEDICATION:** Phentermine must be held for 7 days prior to the procedure due to the risk of severe anesthesia complications. If you take a GLP-1 agonist (Ozempic, Wegovy, Trulicity, Victoza, Rybelsus, Semaglutide) it must be stopped for 1 week prior to the procedure if you take it weekly, and for 1 day if you take daily.

**PRESCRIPTION BLOOD THINNER:** Blood thinners may need to be temporarily discontinued prior to your procedure. The timing depends on which medication you take and why. Do not stop these medications without discussing with your prescribing provider. Your physician will instruct you regarding restarting these medications after your procedure.

**OTHER INSTRUCTIONS**

Please stop all tobacco use, alcohol use, or other recreational drug use for at least 24 hours before your procedure.

Please remove all oral jewelry, such as tongue or lip rings, prior to the procedure.

Please contact us if you were diagnosed with a new medical condition, have any upcoming cardiac testing, started taking new medications, been recently hospitalized or visited the emergency room, have new symptoms related to chest pain or difficulty breathing, or have new flu-like symptoms such as fever, cough, or congestion.

**CANCELLATION POLICY**

Cancellations less than 3 business days in advance will be treated as a missed appointment and subject to a \$200 fee.

**SPECIAL INSTRUCTIONS FROM YOUR HEALTHCARE PROVIDER:**

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