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Plenvu PREP BOWEL PREPARATION FOR YOUR COLONOSCOPY PROCEDURE

Colonoscopy Date: _____ TIME: Will Call 1 Day Before With Arrival Time
THREE (3) DAYS BEFORE PROCEDURE:

1. Try to have a light diet (50% less of what you regularly eat) to reduce stool production.

THE DAY BEFORE YOUR PROCEDURE:

Liquid Diet ALL day long (NO SOLID FOODS):

- Clear liquid base diet, **EXCEPT MILK, CREAM OR YOGURT. AVOID RED, BLUE AND PURPLE JELL-O (GELATIN) . YOU MAY CONTINUE LIQUIDS UNTIL 5 HOURS BEFORE YOUR PROCEDURE TIME.**
- **Plenvu:**
 - **Step one:** Pour the contents of **dose 1** into a measuring container that can hold 500 ml of fluid.
 - Add water to make up to 500 ml and stir until all the powder has dissolved. This may take up to approximately 8 minutes.
 - At 5pm, Drink the 500 ml Plenvu dose 1 solution over 30 minutes by drinking 1 glassful every 10 to 15 minutes.
 - Following the Plenvu dose, drink a further 500 ml of clear fluid over a further 30 minutes.
 - If severe bloating, distention, or abdominal pain occurs, following the first dose, delay the second dose until the symptoms resolve.
 - **Step two: Dose 2** –Take the second dose of Plenvu at 8pm
 - Repeat step one.
- **Dulcolax** :Take 4 tablets at the same time at 6 PM. Note / Followed by 2-3 glasses of liquids.
- **Magnesium Citrate:**Drink the whole bottle **6 hours before your procedure time. Note/** followed by 2-3 glasses of liquids.

IMPORTANT REMINDER:

- **YOU NEED TO STOP DRINKING LIQUIDS 5-6 HOURS BEFORE YOUR PROCEDURE TIME!**
- ASK A FRIEND OR RELATIVE TO DRIVE AND ASSIST YOU HOME AFTER PROCEDURE, SOMEONE MUST ACCOMPANY YOU.

DIABETIC PATIENTS:

- If you are taking an oral hypoglycemic (sugar pill): **DO NOT** take it the day before and of your procedure.
- If you are taking **insulin, please take ½(half)** of your prescribed AM insulin dose, the day before procedure and **skip your night time insulin dose.**
- **MEDICATION INSTRUCTIONS**
- **You will need to discontinue the medications listed below:**
- Anticoagulant/Blood thinner/medication to prevent blood clot: Coumadin/Warfarin, Apixaban/eliquis, Plavix/Clopidogrel, Rivaroxaban/xarelto, Ticagrelor/brilinta, **stop 5-7 days** before procedures. Advise patients to consult their prescribed MD before stopping this medication. **No need to stop Asprin.**
- Ibuprofen (Advil, Motrin), Ketoprofen, Naproxen (Aleve) and other NSAIDs (non-steroidal anti-inflammatory drugs) – **3 Days Before Procedure**
- **YOU MAY TAKE YOUR REGULAR MEDICATION UNLESS INSTRUCTED OTHERWISE.**
- **If you have any questions, please contact our office at 630-889-9889**