

## SUMMIT DIGESTIVE & LIVER DISEASE SPECIALISTS

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### BOWEL PREPARATION FOR PLENVU

#### SEVEN DAYS BEFORE YOUR COLONOSCOPY:

- Please make sure you have picked up your prescription bowel preparation at the pharmacy. If the pharmacy does not have your bowel preparation please call our office so we can resend the prescription.
- Please buy a bottle of Milk of Magnesia, a box of 125mg Gas-X tablets and a box of Dulcolax tablets (you will need to take 4) at the pharmacy
- Aim to have a light, low fiber diet (50% less of what you regularly eat) to reduce stool production
- Avoid nuts, lettuce, fruits and vegetables with seeds and popcorn
- Take Milk of Magnesia 45 mL every night at bedtime on days 7, 6, 5, 4 and 3 prior to the colonoscopy. Do NOT take Milk of Magnesia on days 2 and 1 prior to the colonoscopy.
- Stop taking iron supplements and NSAIDs (Ibuprofen, Advil, Motrin, Aleve, Naproxen)

#### THE DAY BEFORE YOUR COLONOSCOPY: Follow a clear liquid diet ALL day long (NO SOLID FOOD). YOU CAN HAVE::

- Drink 8 oz (1 cup) of clear liquids every hour while awake up until 6 hours prior to your procedure time
- Water (Plain, carbonated or flavored)
- Clear fruit juice without pulp (Apple juice or white grape juice only)
- Lemonade or clear colored soda (Sprite, 7-up)
- Black coffee or tea (DO NOT ADD ANY MILK OR CREAM)
- Sports drinks such as Gatorade, Powerade, etc (NO RED OR PURPLE)
- Clear, fat-free broth (Chicken, beef or vegetable. NO BONE BROTH)
- Popsicles without ANY milk, fruit bits, seeds, nuts (NO RED OR PURPLE)

#### Plenvu Instructions: \*\*PLEASE FOLLOW THE INSTRUCTIONS BELOW. DO NOT FOLLOW THE INSTRUCTIONS ON THE BOX\*\*

-- **7:00PM the day before your procedure:** Mix the contents of the Dose 1 pouch with 16oz of water in the container until completely dissolved and then drink it over the course of 30 minutes. After drinking the entire container refill it with 16oz of clear liquid and drink it over the course of 30 minutes.

-- **9:00PM the day before your procedure:** Take 4 tablets of Dulcolax followed by 2 8oz cups of any clear liquid.

-- **12:00AM the day of your procedure:** Take 2 tabs of Gas-X. Mix the contents of the Dose 2 pouch with 16oz of water in the container until completely dissolved and then drink it over the course of 30 minutes. After drinking the entire container refill it with 16oz of clear liquid and drink it over the course of 30 minutes.

**\*\*IMPORTANT: YOU NEED TO STOP DRINKING CLEAR LIQUIDS 3 HOURS BEFORE YOUR PROCEDURE TIME! OK TO CONTINUE SECOND HALF OF BOWEL PREP UNTIL COMPLETE\*\***

**\*\*IMPORTANT: ASK A FRIEND OR RELATIVE TO DRIVE AND ASSIST YOU HOME AFTER THE PROCEDURE. YOU CANNOT TAKE AN UBER OR TAXI HOME ALONE!\*\***

#### DIABETIC PATIENTS:

- If you are taking an oral hypoglycemic: **DO NOT** take it the day before and of your procedure.
- If you are taking **insulin**, please take half of your prescribed AM insulin dose the day before the procedure and **skip your night time insulin dose**.

#### MEDICATION INSTRUCTIONS:

- You will need to stop the medications listed below 5 days before the procedure:

Anticoagulants/blood thinners: Coumadin/Warfarin, Apixaban/Eliquis,  
Plavix/Clopidogrel, Rivaroxaban/Xarelto, Ticagrelor/Brilinta, Prasugrel/Effient.  
Consult your prescribing doctor before stopping this medication.

- **You may take your other regular medication with a sip of water at least 3 hours before your procedure time unless instructed otherwise.**

**If you have any questions please contact our office at 630-889-9889**