

SUMMIT DIGESTIVE & LIVER DISEASE SPECIALISTS

DAVID CHUA, MD
RAJEEV NAYAR, MD
ALBERT SAPORTA, MD

BOWEL PREPARATION FOR PLENVU

FIVE DAYS BEFORE YOUR COLONOSCOPY:

- 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 3 tablespoons every night at bedtime
- Stop taking iron supplements and NSAIDs (Ibuprofen, Advil, Motrin, Aleve, Naproxen)

THE DAY BEFORE YOUR PROCEDURE: Follow a clear liquid diet ALL day long (NO SOLID FOOD):

- Drink 8 oz (1 cup) of clear liquids every hour while awake
- Water (Plain, carbonated or flavored)
- Fruit juice without pulp (Apple juice or white grape juice)
- 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)
- 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**

-- 5:00PM 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.

-- 7:00PM the day before your procedure: Take 4 tablets of Dulcolax followed by 2 8oz cups of any clear liquid.

-- 9:00PM the day before your procedure: 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 LIQUIDS 6 HOURS BEFORE YOUR PROCEDURE TIME!****

****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 regular medication unless instructed otherwise.**

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