

PLENVU Preparation for a Colonoscopy

COLONOSCOPY To achieve an accurate evaluation of your lower gastrointestinal tract (GI), it is important that you properly prepare for the procedure, so the doctors can obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without total cooperation the examination cannot be accomplished. If the directions are not done properly the procedure may have to be repeated.	Five (5) Days before Procedure • DO NOT DRINK ALCOHOL FOR 5 DAYS PRIOR TO YOUR PROCEDURE. • DO NOT take any ibuprofen products. Taking Tylenol (acetaminophen) is allowed • Stop taking anticoagulants or blood thinners such as: Coumadin, Jantoven (Warfarin), Naprosyn (Naproxen), Nuprin, Rufen (Ibuprofen), Persantine (Dipyridamole), Plavix (Clopidogrel), Eliquis (Apixaban), Xarelto (Rivaroxaban), Celebrex (Celecoxib), Arixtra (Fondaparinux) NSAIDS and Plavix, <i>if necessary, we will request Cardiac clearance.</i> Day Before Procedure: Dose 1 • Starting with breakfast follow a clear liquid diet throughout the day. See list provided. • No medication/supplement restriction this day. • <u>Step 1 at 6:00 pm:</u> Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water until its completely dissolved. This may take 2-3 minutes. Drink the solution slowly within 30 minutes. • <u>Step 2 at 6:30 pm:</u> Refill the container with at least 16 ounces of clear liquid and slowly drink the liquid within 30 minutes • YOU MAY CONTINUE WITH CLEAR LIQUID DIET AS DESIRED THROUGH OUT THE NIGHT.
IMPORTANT: <u>PLEASE REMEMBER TO HAVE SOMEONE PICK YOU UP. YOU WILL NOT BE ALLOWED TO DRIVE OR TAKE A CAB.</u> <u>Do not Drive or work after the procedure</u>	Day of Procedure: Dose 2 • <u>Step 3 - 6 hours prior to procedure START:</u> Use the mixing container to mix the contents of the Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water until its completely dissolved. This may take 2-3 minutes. Drink the solution slowly within 30 minutes. • <u>Step 4 - 30 MINUTES after Step 3:</u> Refill the container with at least 16 ounces of clear liquid and slowly drink liquid within 30 minutes. <u>Do not have anything to eat/drink after this.</u> • If prescribed a morning dose of heart or blood pressure medication, take with a SIP of water only. All other medications may be resumed after your procedure. • <u>If you are diabetic:</u> To avoid dangerously low blood sugar, please do not take your diabetic medication (pills or insulin) the morning of your procedure. • Plan on being at the facility for approximately 2-3 hours. <u>DO NOT EAT OR DRINK ANYTHING OTHER THAN WHAT PERTAINS TO PREP</u>