

Colon and Digestive Health Specialist, LLC

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Plenvu Preparation Instructions

Name _____ Procedure: Colonoscopy

Appointment Date: _____ Time: _____

You will need a ride TO and FROM the Endoscopy Center. Driver must be 18 years or older and must be able to stay during the entire duration of the procedure.

**** 5 Days before the procedure, avoid raw fruits and vegetables. (cooked vegetables are okay) ****

**** 2 Days before the procedure eat normal but eat LIGHTER (no fast food, no fried food, no red meat). ****

**** You will need to be on a Clear Liquid Diet ALL DAY (Breakfast, Lunch & Dinner) on the day before the procedure. ****

Clear liquid options: Clear soda, sports drinks, chicken broth, strained (no-pulp) fruit juices (NO SMOOTHIES), limeade/lemonade, coffee/tea (without dairy and non-dairy creamer), Jell-o, popsicles. For all of the above no red or purple color allowed.

Day before the procedure:

- At 4:00 PM, take 2 tablets of 5 mg Dulcolax (Bisacodyl). Please ensure these are tablets.
- At 5:00 PM, use the mixing container to mix the contents of the Dose-1 pouch (Mango flavor) with 16 oz of water or clear fluid of your choice. Shake the mixture well, drink over a course of 30 minutes.
- Once finished with the mixture, fill the mixing container back up with just water or clear liquid of our choice and drink over a course of 30 minutes. Continue to hydrate with clear liquids for the rest of the night.
- At 1:00 AM use the mixing container to mix the contents of Dose-2 (Pouch A and B – Fruit punch flavor) with 16 oz of water or clear fluid of your choice. Shake the mixture well, drink over a course of 30 minutes.
- Once finished with the mixture, fill the mixing container back up with just water or clear liquid of our choice and drink over the next 30 minutes. Nothing down your throat past 2:00 AM.

Medication Restrictions:

- No blood thinners like Coumadin, Warfarin, Aspirin or Ibuprofen for 3 days prior to procedure, unless told to continue.
- No Phentermine for 2 weeks prior to procedure.
- Please continue to take any Beta Blockers & blood pressure medicines with small sip of water 2 hours prior to procedure time.
- Diabetics: Take ½ of usual dose of insulin day before procedure and NONE on the morning of procedure. Do not take any oral diabetic medication the day before appointment or the morning of. Check sugar every 6 hours-if less than 75 drink a glass of apple juice, if more than 250 please call our office.

*** If there is any nausea, vomiting, shortness of breath, chest pain, severe headache, or excessive sweating, please stop the prep and call our office. ***