

Advanced Gastroenterology

of Central Florida

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INSTRUCTIONS FOR COLONOSCOPY PLENVU PREP

Please ensure you have purchased your Bowel Preparation 7 days prior to your procedure

THREE DAYS PRIOR TO YOUR EXAM

- Discontinue all blood thinning drugs (prescription and non-prescription), including:
 - ✓ Coumadin, Plavix, Xarelto, Eliquis, Pradaxa, Prasugrel, Brilinta, Cilostazol, Aggrenox, (Anacin, Excedrin, Advil, Naprosyn (Naproxen), Alka Seltzer, Ibuprofen, Motrin, Aleve or any arthritis pain medications.

REMEMBER! The physician that prescribed your blood thinner medication **MUST** approve this action **BEFORE** you discontinue these medications when you are taking them for blood thinning.

ONE DAY PRIOR TO EXAM:

- Restrict your diet to **CLEAR LIQUIDS ONLY. No solid food until after the procedure and stay hydrated.**
- **CLEAR LIQUIDS INCLUDE** water, chicken/beef/vegetable broth, flavored waters, apple juice, Jell-O, Kool-Aid, coffee, tea, Sprite, Gatorade, PowerAde, Mountain Dew, Coke/Pepsi, Root beer, and Slurpee's. **DO NOT DRINK** milk or use any dairy or non-dairy creamer in your coffee or tea. **DO NOT DRINK** anything colored **RED, PURPLE, BLUE or ORANGE** or that contains pulp material. **DO NOT DRINK** alcoholic beverages.

Take Dose 1: 6pm Day prior to procedure

1. Use the provided mixing container to mix the contents of the PLENVU pouch labeled Dose 1 with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 or 3 minutes.
2. Take your time—slowly drink and finish the dose within 30 minutes.
3. Refill the same container with at least 16 ounces of clear liquid.
4. Again, take your time and finish all of it within 30 minutes.
5. Continue to drink additional clear liquids between the 2 doses.

Take Dose 2: 4am Day of your procedure

1. Use the provided mixing container to mix the contents of PLENVU Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 or 3 minutes.
2. Take your time—slowly drink and finish the dose within 30 minutes.
3. Refill the same container with at least 16 ounces of clear liquid.
4. Again, take your time and slowly finish all of it within 30 minutes.
5. Continue to drink additional clear liquids but be sure to stop drinking liquids at least 3 hours before your colonoscopy or as recommended by your doctor.

***NOTE:** If you become nauseated during the prep, stop for one hour and then resume. You must finish ALL the prep. Please look in the toilet to see if your results are clear or yellow in color. If your bottom gets sore during the prep you can use baby wipes, Vaseline, or Desitin applied to the anal area for relief.



DAY OF YOUR PROCEDURE

- You may NOT have anything to EAT UNTIL AFTER THE PROCEDURE and may ONLY HAVE CLEAR LIQUIDS up until 3 HOURS PRIOR to your check in time.
- You MUST be accompanied by an adult who will remain at the facility and drive you home after your colonoscopy. You may NOT work or drive for 12 hours after the procedure. Plan on spending two to three hours at the facility.
- Wear comfortable clothing. Bring your glasses, hearing aids, insurance cards and completed information forms, if applicable. Avoid bringing valuables.

FRIENDLY REMINDER: If you cancel your procedure with less than 48 hours of notice, you will be Charged a \$75 cancelation fee.

