

Colonoscopy Preparation with PLENVU

Date of Procedure: _____ Arrival Time: _____

*****Your Plenvu solution has been called into your pharmacy. Please pick this up soon.*****

DO NOT FOLLOW THE INSTRUCTIONS ON THE PLENVU CONTAINER

If you normally take Pletal (Cilostazol), Jantoven, Plavix (Clopidogrel), Coumadin, Warfarin, Persantine (Dipyridamole), Eliquis (Apixaban), Aggrenox, Xarelto or Pradaxa (Dabigatran) then ***we will contact your prescribing physician to make sure that it is okay for you to stop for the recommended number of days.*** We will contact you once they have responded. Do not stop aspirin for the procedure.

FOUR DAYS BEFORE PROCEDURE: Discontinue eating any foods with seeds, nuts, fruit or vegetables with skin and corn. Also avoid multivitamins as well as iron, herbal and homeopathic supplements (unless advised by a physician).

✓ **If your physician has recommended that you take Miralax in addition to the PLENVU**
solution before procedure, due to a history of severe constipation or other medical indication, you will need to purchase Miralax 119 gram bottle and take 17 grams (one capful) of Miralax in 8 oz of water twice a day, beginning 3 days before procedure.

ONE DAY BEFORE PROCEDURE: Clear liquids such as broth or bouillon, Jell-O, popsicles and Gatorade (NO red or purple), tea, coffee, clear soft drinks and water are allowed. NO SOLID FOOD OR MILK PRODUCTS.

Diabetics: Insulin Pump – Follow instructions from Endocrinologist

Oral Diabetic or Insulin Dependent – Take half of your normal dose unless otherwise instructed.



Beginning at 5:00 pm, complete steps 1 through 4:

Step 1 - Pour the "Dose 1" packet of Plenvu into the mixing container

Step 2 - Add cool drinking water, filling to the 16 ounce line on the container and mix thoroughly

Step 3 - Drink ALL the liquid in the container within an hour

Step 4 - You must drink one more 16 ounce container of water over the next hour

******Bowel movements usually start within 1-2 hours after you begin drinking and can continue 1-2 hours after you finish.******

DAY OF PROCEDURE:

- 6 hours before your procedure discontinue all forms of tobacco products
- 5 hours before your procedure, repeat steps 1 through 4 using the "Dose 2" packet of Plenvu. You must finish the final glass of clear liquid at least 3 hours before your procedure.
- You may have clear liquids, gum and hard candy up to 3 hours before your procedure

****IF YOU TAKE BLOOD PRESSURE MEDICATIONS, YOU MAY TAKE THEM 3 HOURS PRIOR TO YOUR PROCEDURE TIME.**

****IF YOU ARE A DIABETIC, DO NOT TAKE YOUR MEDICATIONS BUT PLEASE BRING THEM WITH YOU.**

****DO NOT TAKE HEPARIN OR LOVENOX ON THE DAY OF PROCEDURE.**