

Colonoscopy Preparation with Plenvue

Appropriate bowel cleansing is one of the **most important** steps in performing a successful and accurate colonoscopy. Please read this sheet in advance of your procedure and follow these instructions carefully.

One week prior to procedure:

- Fill your prescription for Plenvue at your local pharmacy.
- Avoid nuts, seeds, popcorn, grapes, green peas, beans and tomatoes since these may interfere with preparation.
- If you take **blood thinners** *please inform us in advance* so that these medicines can be adjusted appropriately.
 - Blood thinner include Aspirin (or Aspirin containing products), Plavix (Clopidogrel), Effient (Prasugrel), Coumadin (Warfarin), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban).
- If you are a diabetic and take **insulin** or other medications to lower your blood sugar *please inform us in advance* so that these medicines can be adjusted appropriately.
- Stop any anti-inflammatory medicines (Aleve, Motrin, Advil, Ibuprofen, Naproxen). You can take Tylenol if needed for pain.
- Stop taking iron supplements or vitamins containing iron.

On the day before the procedure:

- You may have a light breakfast.
- You will need to be on a “clear/thin” **liquid** diet for the rest of the day. Examples of clear/thin liquids include water, broth, Jell-o, juices, sports drinks, sodas, ginger ale, lemonade, popsicles, coffee/tea (*without* milk).
- Avoid red or purple colored liquids, juices with pulp, dairy products.
- It is important to stay **hydrated** and drink as much fluid as you can throughout the day!

The preparation:

- If your procedure is in the morning:
 - At 6 pm the night before your procedure mix the “Dose 1 sachet” of Plenvu with 16 ounces of water until it is completely dissolved. Drink the solution over the next 30 minutes. Then drink an additional 16 ounces of water over the next 30 minutes.
 - At 10 pm the night before your procedure mix the “Dose 2 sachet” of Plenvu with 16 ounces of water until it is completely dissolved. Drink the solution over the next 30 minutes. Then drink an additional 16 ounces of water over the next 30 minutes.
- If your procedure is in the afternoon:
 - At 10 pm the night before your procedure mix the “Dose 1 sachet” of Plenvu with 16 ounces of water until it is completely dissolved. Drink the solution over the next 30 minutes. Then drink an additional 16 ounces of water over the next 30 minutes.
 - At 6 am the morning of your procedure mix the “Dose 2 sachet” of Plenvu with 16 ounces of water until it is completely dissolved. Drink the solution over the next 30 minutes. Then drink an additional 16 ounces of water over the next 30 minute
- Notes:
 - Drinking additional fluids throughout the process will improve cleansing and maintain hydration.
 - Bowel movements should begin within several hours of drinking the solution. Bloating and nausea are common during the preparation process and will improve when bowel movements begin. If nausea becomes severe, stop drinking fluid for 30 minutes, then resume drinking at a slower pace.

The day of the procedure:

- *Do not drink anything within 4 hours of your procedure otherwise your procedure may be cancelled.*
- You can take your regular medications (unless instructed otherwise) with water; but try to do so **4 hours** before your procedure. If you have an early morning procedure, you can bring your medications with you and take them after your procedure.
- Please arrive at your designated location **at least 1 hour early** to allow for registration and so that your procedure is not delayed or cancelled.
- Women of child-bearing age may be asked to provide a *urine sample* to ensure you are not pregnant.
- You should be accompanied by a relative/friend to help you get home after the procedure.
- You should not drive or drink alcohol for 12 hours after the procedure.

Please do not hesitate to call us with any questions!