



specialists in gastroenterology

Colonoscopy Preparation Using Plenvu 2 Day PM/AM Split Dosing Regimen

The colon preparation is the most important step leading to the successful completion of a colonoscopy. We know it is inconvenient, but a clean colon will lead to an efficiently and safely performed colonoscopy that will lead to good gastrointestinal health. The cost of these FDA-approved preps range from \$30-\$100 depending on your insurance coverage or co-payment. **Please pick up your prescription ahead of time or call your pharmacist to check your benefits and the cost savings coupon.** If still too expensive call our office. If you have chronic kidney disease, you will require a different preparation.

SEVEN DAYS BEFORE THE PROCEDURE

Medication restrictions – Please call the prescribing physician

1. *Diabetics taking insulin:* will need dose adjustment the day before the exam. Please ask for advice from the physician that prescribes your insulin. For diabetics only taking diabetic pills simply stop the pills the day before the procedure (see below).
2. *Blood thinners (antithrombotic agents) including: aspirin, Coumadin (Warfarin), Plavix, Pradaxa, Xarelto, Eliquis, Brilinta and Effient:* These can increase the risk of bleeding during and after endoscopic procedures to a varying degree. Please ask the physician that prescribes the medication if, and when, you can stop these medications and for how long. **If** these medications are unable to be stopped, you need to call our office.

Items to Purchase

1. Fill the prescription for *Plenvu*. *Plenvu* contains NutraSweet/aspartame and have a mango and fruit punch flavor; if this is a problem, call us before filling the prescription.
2. Fill the prescription for *Ondansetron* (anti-nausea medication).
3. Any over-the-counter hemorrhoid ointment for anal discomfort (A & D ointment or any diaper cream).

Diet restrictions

No seeds, nuts, popcorn or peels from fruits and vegetables. Example: no peels from apple, potatoes, or cucumbers etc.

ONE DAY BEFORE THE PROCEDURE

1. **For breakfast AND lunch you may choose one of the following:**
2 eggs (no meat, cheese, veggies or toast, only eggs, salt, pepper, oil or butter is fine to cook with) **or 1 yogurt, 8 ounces** (plain, can be flavored but no chunks of fruit or granola), **or 1 Ensure, 8 ounces** (any flavor) **then clear liquids only for the remainder of the day.**
2. **You cannot have milk or orange juice for the entire day.**
3. Drink as much as you can to prevent dehydration. You may have bouillon, broth, black coffee (sugar and artificial sweeteners are okay, no creamer of any kind), tea (honey is okay), juice (apple, grape, cranberry), Gatorade, Powerade, lemonade, soda (regular or diet are okay), water, Popsicles and Jell-O (any flavor or color). Taking red Jell-O and red Gatorade may turn your bowel movements red, do not be alarmed and should be limited. If you have had dehydration before drink Pedialyte.
4. You may have clear candy (such as Lifesavers, Jolly Ranchers and gummy bears).
5. Do not take oral diabetic pills.

TURN THE PAGE OVER FOR THE REST OF THE DIRECTIONS

TIMING OF PREPARATION

Please follow these instructions and NOT the Plenvu box instructions

EVENING BEFORE THE PROCEDURE

This is divided into two sessions. You must drink the entire Plenvu to ensure your colon will be cleaned out. A poor prep can mean missed lesions (flat polyps) and cancellation and rescheduling of your procedure.

Between 4p.m. and 7p.m. (first dose, one large pouch) this **CAN NOT** be done earlier in the day.

1. Take the *Ondansetron* (anti-nausea) 30 minutes prior to taking each dose of the *Plenvu* (bowel prep).
2. Empty the contents of Dose 1 (only one large pouch) into provided container. Add cold water to the top line of the container (at least 16 ounces), mix with spoon or shake until completely dissolved. You can **NOT** add anything to the Plenvu solution.
3. Drink **all of** the solution – this can be done gradually to decrease the risk of nausea.
4. Drink an additional 16 oz or more of a clear liquid of your choice.
5. You can continue the clear liquid diet after you finish the first dose of the prep.

THE MORNING OF THE PROCEDURE (second dose, pouch A & B)

Beginning 4-6 hours prior to your **scheduled procedure time, repeat step 1 thru 4 as listed above for the second dose of your preparation.** (Yes, this requires you to do early morning or in the middle of the night based on your procedure time.)

1. **Take nothing by mouth, including water, after completing the last 16 ounces of water.**
2. You should take any necessary medications you normally take on the morning of the procedure with **sips** of water.
3. Arrive at your scheduled arrival time. We do not need you here prior to your scheduled arrival time.
4. Bring a list of your medications, insurance cards and photo ID.
5. After the procedure you must have a responsible adult drive you home. It is best if your driver waits for you at the endoscopy center. **Taking a cab or Uber home is not an option.**
6. You may not drive or work until the next day.

IMPORTANT INFORMATION ABOUT SEDATION

Sedatives used for endoscopy include Propofol. These medications provide amnesia and pain relief. You are breathing on your own.

QUESTIONS OR PROBLEMS

1. Plenvu hotline is (855) MYPLENVU or (855) 697-5388.
2. Daytime phone number is (314) 997-0554.
3. After hours number is (314) 388-6578.
4. Internet website address is www.gidoctor.net

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Stay hydrated before, during,
and after taking **PLENVU**[®] (PEG 3350,
sodium ascorbate, sodium sulfate, ascorbic acid, sodium chloride, and potassium chloride)

NEED HELP? Call our toll-free hotline at 1-855-MY-PLENVU for
24-hour, multilingual assistance Sunday, 4 PM to Friday, 8 PM EST

Want mobile text tips and reminders?
Register for the "It's Go Time" Program! Text **PLENVU** to **84883**.*

*No cost w/ unlimited texting plan, otherwise msg and data rates may apply. Msg frequency determined by user. Text HELP to 84883 for help. Text STOP to 84883 to cancel. For terms, visit cs1.me/plenvu.