

TEXAS★ENDOSCOPY

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PLENVU Preparation Instructions for Colonoscopy

*You **MUST HAVE TRANSPORTATION** from the facility by an adult family member or friend. No taxis, Uber, Lyft, or other public transportation. Otherwise, your procedure will be cancelled.

7 Days Prior to Procedure:

- If you are taking **Plavix, Coumadin (Warfarin), Lovenox, Eliquis, Brilinta** or any other prescribed blood thinner, it's very important that you notify the nurse for instructions as when to STOP this medication before your procedure. **If you are taking 325mg Aspirin**, switch to 81mg Aspirin daily 7 days prior to your procedure and stay on this dose leading up to procedure. If you are already taking 81mg Aspirin, do not stop prior to procedure.
- Avoid eating nuts and seeds i.e. popcorn, strawberries, etc.
- PLENVU is a prescription prep that will be sent to your pharmacy for pickup.

2 Days Prior to Procedure:

- Do not eat solid foods after midnight. For example: if your test is on Tuesday, do not eat solid food after midnight on Sunday.

The Day Prior to Procedure:

- You must be on a clear liquid diet ALL DAY. No solid foods!
*Clear liquids include: water, tea, coffee (no milk/creamer), sodas, chicken or beef broth, fruit juice without pulp, sports drinks, crystal light, slushes, popsicles, and jello. NO red, purple, or milk products!
- If you are a diabetic and take medications, take ½ of your regular dose of medication.
- At 6:00 p.m., complete the following steps using Dose 1 in your PLENVU kit:
 - a) Mix Dose 1 pouch into 16 oz. of cool drinking water and mix until completely dissolved.
 - b) Drink ALL the liquid in the cup.
 - c) You MUST drink one more 16 oz. cup of water. Complete all steps within 1 hour.

IF you don't have any bowel movements or are not passing clear liquid from the rectum by 9 pm drink one bottle of magnesium citrate (300mL).

IF you're still not passing clear liquid by 10 pm, drink another bottle of magnesium citrate (300mL).

IF you have not had any bowel movements by 10:30 pm call your doctor's office to contact on call doctor for further instructions.

The Day of Procedure:

- **5 Hours Prior to Procedure:** complete the following steps using Dose 2 in your PLENVU kit:
 - a) Mix Dose 2 pouch into 16 oz. of cool drinking water and mix until completely dissolved.
 - b) Drink ALL the liquid in the cup.
 - c) You MUST drink one more 16 oz. cup of water. Complete all steps within 1 hour.
- Please take blood pressure, heart, seizure, and thyroid medications with a sip of water 4 hours prior to your procedure.
- **NOTHING** by mouth 4 hours before your procedure time!