

PLENVU BOWEL PREP INSTRUCTIONS FOR COLONOSCOPY

Patient Name: _____ **Physician:** _____

PLACE OF PROCEDURE: (Circle One) Acadiana Endoscopy Center, Inc. / Burdien-Reihl Suite 402 / Our Lady of Lourdes

Date of Procedure: _____ **Arrival Time:** _____ **am/pm** **Note:** _____

Your Gastroenterologist has provided the following instructions to ensure a clean colon. Please follow instructions completely so that a thorough exam is achieved or you may be asked to repeat the colonoscopy procedure.

**If you have to reschedule this procedure, kindly give our office 3 business days or a \$100 fee may be incurred.*

7 days before procedure	3 days before procedure	2 days before procedure	1 day before procedure	Day of procedure
<p>Pick up Plenvu Prep from your pharmacy along with Gas-X tablets.</p> <p>STOP: Using any fiber supplements.</p> <p>IF YOU ARE TAKING BLOOD THINNERS, HAVE A PACEMAKER, OR DEFIBRILLATOR and have NOT talked with a nurse from our office about this, please call & speak with a nurse.</p> <p>Continue other medications.</p>	<p>STOP eating any raw fruits, raw vegetables, or vegetables containing seeds, popcorn, corn, nuts and any fiber supplements until after procedure.</p> <p>IF YOU HAVE DIABETES & ARE TAKING INSULIN, CONSULT YOUR DIABETES DOCTOR FOR THE CORRECT DOSAGE TO TAKE ON THE DAY OF YOUR PROCEDURE.</p> <p>Purchase Clear liquid items listed below.</p>	<p>Continue to NOT eat raw fruits, raw vegetables, or vegetables containing seeds, popcorn, corn, nuts and any fiber supplements until after procedure.</p> <p>ARRANGE FOR A DRIVER TO TAKE YOU AND PICK YOU UP FROM THIS APPOINTMENT.</p>	<p>NO FOOD on the day before your procedure. Refer to the Clear Liquids Allowed below*</p> <p>Drink plenty of water throughout the day to avoid dehydration.</p> <p>1st Dose 6:00pm – Take 2 Gas-X Tablets following the Plenvu solution.</p> <ol style="list-style-type: none"> Empty Dose 1 into mixing container, fill to line with water and mix with a spoon or put lid on and shake until completely dissolved. Drink the entire bottle of solution right from the bottle. Rinse mixing container and refill to line with water and drink entire bottle over 30 minutes. <p>Nothing by mouth after midnight.</p>	<p>If you take daily heart, blood pressure or seizure medication, take it with SMALL SIPS of water only, at least 3 hours before procedure.</p> <p>4 hours before your procedure, (the morning of your procedure) begin the 2nd dose beginning: _____ A.M.</p> <ol style="list-style-type: none"> Empty BOTH Dose 2 Pouch A AND Dose 2 Pouch B into mixing container. Fill to line with water and mix with a spoon or put lid on and shake until completely dissolved. Drink the entire bottle of solution right from the bottle. Rinse mixing container and refill to line with water. Take 2 Gas-X Tablets and drink entire bottle over 30 minutes. <p>Note: It is very important that you DO NOT drink ANYTHING 3 HOURS before your scheduled procedure time.</p>

***CLEAR LIQUIDS ALLOWED:** Soda, black coffee, tea, water, clear juice (no pulp), popsicles, low sodium clear broth, gelatin.

AVOID: milk, dairy, creamer, alcohol, juices with pulp, ANYTHING with red or purple.