



# Digestive Care Center

## General Procedure Instructions

Read and follow these instructions closely. Failure to follow them will result in your procedure being cancelled or rescheduled to a different day. These instructions are for your safety. Failure to follow them could cause severe complications, resulting in hospitalization.

**\*\*DO NOT EAT OR DRINK ANYTHING FOR FOUR (4) HOURS BEFORE YOUR SCHEDULED PROCEDURE START TIME. THIS EVEN INCLUDES CHEWING GUM, MINTS, OR SMALL AMOUNTS OF WATER AND MEDICATIONS.\*\***

Please notify us if you are taking any **blood thinning** medications, (ex: Coumadin, Xarelto, Eliquis, Pradaxa, etc). **Refer to appointment information for specific stop times regarding medication you take regularly.**

**Do NOT** take any of the following medications for **SEVEN (7) days** prior to your procedure:

1. NSAIDs, such as Advil, Nuprin, Meloxicam, Motrin, Aleve, or ibuprofen
2. Iron medications or supplements (e.g. Fermalox, Niferex, Ferrous Sulfate), or vitamins containing iron
3. Any fiber supplements such as Metamucil, Citrucel, Konsyl

### **DO:**

1. Call the facility where you will have your procedure with any questions regarding your medications or preparation instructions.
2. **Have someone accompany you to the procedure. He/she MUST stay at the center the entire time you are there to be available for any emergencies and because some of the medication you will receive will impair your ability to drive.**
3. If you are having a colonoscopy, follow the prep instructions carefully and completely.
4. If you are having an upper endoscopy (EGD), begin a clear liquid diet at midnight before your procedure.
5. Stay hydrated by drinking plenty of clear liquids up to your four hour cutoff point.
6. Brush your teeth, but do not swallow water or toothpaste.
7. Check with the physician managing your medications regarding options for temporarily stopping any blood thinning medications or diabetic medications.
8. Take your normal dose of blood pressure, heart, or seizure medications. If, you should take medication the morning of your procedure, take it with **no more than two (2) ounces of water at least two (2) hours prior to your procedure.**
9. Arrive for your procedure as directed. Your arrival time will be approximately one hour before your procedure begins. However, if your procedure is scheduled for 7:00am or 7:30am, please be aware that our office does not open until 6:30am. You do not need to arrive before 6:30am.
10. Because each case is different, many factors determine what time your procedure will actually begin. Please remain patient. We will do our best to accommodate you in a timely manner.

**Plenvu® Colonoscopy Prep Instructions**

\*Have your prescription for the Plenvu kit filled at your pharmacy (prescription included).

**One week before your procedure do NOT eat:**

Strawberries	Caraway seeds (rye bread)	Pineapple	Tomatoes
Chili or kidney beans	Lettuce	Popcorn	Corn
Olean products	Breads with sesame seeds	Red/orange Jell-O	Oranges
Fruit or vegetable skin/seeds	Peas	Grapefruit	

You may eat any food not listed above, including fruits and vegetables that are peeled and have the seeds removed.

**The day before your procedure**, you may consume a light breakfast and lunch, no solid food after 5:00 pm. You may **only** have the following low fiber foods for breakfast and lunch:

**\*\*Please avoid liquids containing RED, PURPLE, or, ORANGE dyes. \*\*NO milk, orange juice, or tomato juice.  
\*\*DO NOT consume any alcoholic beverages.**

<b>Breakfast:</b>	Two (2) eggs, fried or boiled    two (2) slices wheat bread/toast    smooth peanut butter Yogurt with no fruit    30g low-fat, mild cheese
<b>Lunch:</b>	½ cup cooked rice    chicken or turkey lunch meats    smooth peanut butter Two (2) slices wheat bread    saltine crackers

**At 5:00 pm, you MUST start a clear liquid diet, limited only to:**

Fat-free broth or bouillon	Ginger ale	Iced tea
Coffee with NO creamer	Kool-aid	Soft Drinks (i.e. Coke, Sprite, Pepsi)
Hi-C	Clearfruit juices	Plain gelatin desserts

**\*\*Please avoid liquids containing RED, PURPLE, or, ORANGE dyes. \*\*NO milk, orange juice, or tomato juice.**

- At 6:00 pm**, start the first half of the Plenvu kit. Empty one (1) packet – mango flavor into mixing container. Add cool drinking water to the 16-ounce line on the mixing container. Mix to dissolve. (NOTE: Dilute the solution concentrate as directed prior to use.) **DRINK ALL THE LIQUID IN THE MIXING CONTAINER.**
- You MUST drink one (1) more 16-ounce container of water over the next 30 minutes.

**Five Hours Before Your Procedure**

- Empty two (2) packets – fruit punch flavor into the mixing container. Add cool drinking water to the 16-ounce line on the mixing container. Mix to dissolve. (NOTE: Dilute the solution concentrate as directed prior to use.) **DRINK ALL THE LIQUID IN THE MIXING CONTAINER.**
- You MUST drink one (1) more 16-ounce container of water over the next 30 minutes.

**Do NOT consume anything 4 hours before your procedure.**



# Digestive Care Center

## The two-day (evening/morning) split dosing

### About:

PLENVU® is a two-dose preparation.  
Dose 1 is a single mango-flavoured sachet.  
Dose 2 is two sachets (A and B) and fruit-punch flavour.

IMPORTANT TO COMPLETE TREATMENT: All sachets must be taken with the right amount of water according to the timing below.

### Your personal reminder

You can use this section as a handy reminder of your personal PLENVU® plan.

### Colonoscopy:

Fill in the planned time for your colonoscopy, and then note the actual time you finish each dose of PLENVU® in the relevant box.

**Dose 1** of PLENVU® is taken the *evening before* your colonoscopy, and **Dose 2** of PLENVU® in the *early morning on the day* of your colonoscopy.

**If you feel thirsty at any point, drink plenty of clear fluids.**

### My PLENVU® dosing – dose 1

Date:

Time:

### My colonoscopy

Date:

Time:

### My PLENVU® dosing – dose 2

Date:

Time:

### Day before colonoscopy



Light breakfast



Light lunch



Stop all intake of food



Take Dose 1



Drink 500ml of clear fluids



If thirsty, drink plenty of clear fluids

No solid food after 5:00pm

Mix with 16 oz. of water - 6:00pm

### Day of colonoscopy



Take Dose 2



Drink 500ml of clear fluids



Extra clear fluids only



Stop all intake of fluids

Mix with 16oz. of water- 5 hours before your procedure

4 hours before your procedure