

Colonoscopy Prep #13 Plenvu **ANY QUESTIONS CALL Fairfield 203-292-0000**
Bridgeport 203-333-3328

Report to () St. Vincent's Medical Center () The Endoscopy Center of Fairfield
2800 Main St, Bridgeport, CT 425 Post Rd, Fairfield, CT

Date _____ Arrive at _____ Procedure Time _____ Doctor _____

Fill the *Plenvu* Kit prescription as soon as possible.

If Monday procedure please pick up before weekend start.

Do not follow instructions on the box, follow the instructions below:



If you take any of the following medications call your Prescribing Doctor and let them know about your upcoming procedure. Your Doctor may want to make changes.

Diabetic Medications: Metformin, Actos, Glipizide, Insulin, etc.

Blood Thinners: Ask your Doctor how long you can be off the following medications before your procedure: Aspirin, Persantine, Plavix, Ticlid, Coumadin, Effient, Aggrenox, Pletal, Cilostazol, Pradaxa, Xarelto, Brilinta, Eliquis, prescribed non-steroidal anti-inflammatory, (Celebex, Mobic, etc.)

ONE WEEK BEFORE THE PROCEDURE



Advil, Motrin, Aleve, Ibuprofen, Fish Oil, Iron and Vitamin E. Nuts, Seeds, Corn, Popcorn, Metamucil, Citrucel, and Flax Seed (TYLENOL is OK).

ONE DAY BEFORE THE PROCEDURE:

1. **Drink Clear Liquids ONLY** (The more you drink, the better the prep will be) **NO FOOD**
2. At 6 pm fill the disposable container with water to the 16 ounce line, add Plenvu packet labeled **DOSE 1**. Shake until dissolved (this may take up to 3 minutes) and drink. Follow with 16 ounces of clear liquid within the next 30 minutes.
3. Expect loose watery bowel movements.
4. **YOU MUST** continue drinking clear fluids until bedtime. Place a towel under your buttocks at night when you are sleeping.

ON THE DAY OF THE PROCEDURE:

Please do not wear fragrant products.

1. Get up 6 Hours Before your procedure – Fill the disposable container with water to the 16 ounce line, add Plenvu **Dose 2 (pouches A and B)**. Shake until dissolved as above. Follow with 16 ounces of clear liquid within the next 30 minutes.
2. Take your morning medications.
3. **3 Hours before -- STOP DRINKING.**



EXAMPLES OF CLEAR LIQUIDS (Please try to drink 4-6 oz every hour)

Pedialyte, Gatorade, bouillon cubes, broth, consommé, apple juice, white grape juice, white cranberry juice, strained lemonade, crystal light, water, Italian ice, popsicles, sorbet or jello. You may have 1 cup of black tea or black coffee per day.

DON'T HAVE



- **ANYTHING RED or PURPLE**
- **MILK or CREAM**

YOU WILL NEED A RESPONSIBLE  RIDE HOME. **NO DRIVING!!!**

Expect to be here for 90 minutes to 2 hours.