

NO Drug or Alcohol use including Marijuana the Day Before & the Day of the Procedure

Colonoscopy Prep #13 Plenvu **ANY QUESTIONS CALL Fairfield 203-292-9000**

Trumbull 203-452-1411

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 _____

Your Plenvu prep kit will be ordered from your local pharmacy. Be sure to call our office if you have not received the prep within 4 days of your procedure.

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: Persantine, Plavix, Ticlid, Coumadin, Effient, Aggrenox, Pletal, Cilostazol, Pradaxa, Xarelto, Brilinta, Eliquis, prescribed non-steroidal anti-inflammatory, (Celebrex, Mobic, etc.)

7 DAYS BEFORE THE PROCEDURE



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

3 DAYS BEFORE THE PROCEDURE:



Do not take Jardiance (Empaglifozin) or Synjardy for 3 full days.

ONE DAY BEFORE THE PROCEDURE:

1. **Do not take Vyvanse (lisdexamfetamine) today or tomorrow.**
2. **Drink Clear Liquids ONLY** (The more you drink, the better the prep will be) **NO FOOD**
3. 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.
4. Expect loose watery bowel movements.
5. **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. NO GUM CHEWING.**



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 8 oz 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.