

**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 <b>Plenvu Prep</b> from your pharmacy and purchase over the counter <b>Gas-X</b> tablets.</p> <p>STOP: Using any fiber supplements (FiberCon, Metamucil, Benefiber).</p> <p>IF YOU ARE TAKING BLOOD THINNERS OR HAVE A DEFIBRILLATOR and have NOT talked with a nurse from our office about this, please call &amp; 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 &amp; 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 FAMILY MEMBER, FRIEND OR SPOUSE TO TAKE YOU AND PICK YOU UP FROM THIS APPOINTMENT.</p>	<p><b>NO FOOD</b> on the day before your procedure. Refer to the <b>Clear Liquids Allowed</b> below*</p> <p>Drink plenty of water throughout the day to avoid dehydration.</p> <p><b>1<sup>st</sup> Dose</b> 6:00pm – Take 2 Gas-X Tablets following the <b>Plenvu</b> solution.</p> <ol style="list-style-type: none"> <li>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.</li> <li>Drink the entire bottle of solution right from the bottle.</li> <li>Rinse mixing container and refill to line with water and drink entire bottle over 30 minutes.</li> </ol> <p>Nothing by mouth after midnight.</p>	<p><b>IMPORTANT:</b></p> <p><b>STOP</b> <b>NOTHING</b> to eat or drink after Midnight except for prep/water.</p> <p>If you take daily heart, blood pressure or seizure medication, take it with SMALL SIPS of water only, at least <b>3 hours before</b> procedure.</p> <p><b>4 hours before your procedure,</b> (the morning of your procedure) begin the 2<sup>nd</sup> dose beginning: _____ A.M.</p> <ol style="list-style-type: none"> <li>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.</li> <li>Drink the entire bottle of solution right from the bottle.</li> <li>Rinse mixing container and refill to line with water. Take 2 Gas-X Tablets and drink entire bottle over 30 minutes.</li> </ol> <p><b>Note:</b> It is very important that you <b>DO NOT drink ANYTHING 3 HOURS</b> 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.