



Plenvu Preparation for a Colonoscopy

FROM PHARMACY: PICK UP PLENVU PREP PRESCRIPTION

COLONOSCOPY:

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

DAY: _____ DATE: _____

Five (5) Days before procedure:

Stop taking Anticoagulants or blood thinners, such as: Coumadin, Xarelto, Plavix, Pradaxa or Eliquis. (Cardiac clearance required prior to scheduled procedures)

Day before procedure:

Do not follow Plenvu prescription box instructions.

Follow a clear liquid diet all day. See list provided.

No restrictions on medications or supplements this day.

Step 1 at 6:00 pm: Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water until its completely dissolved. This may take 2-3 minutes. Drink the solution slowly within 30 minutes.

Step 2 at 6:30pm: Refill the container with at least 16 ounces of clear liquid and slowly drink liquid within 30 minutes.

Step 3 at 10:00pm: Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water until its completely dissolved. This may take up to 2-3 minutes. Drink the solution slowly within 30 minutes.

Step 4 at 10:30pm: Refill the container with at least 16 ounces of clear liquid and slowly drink liquid within 30 minutes.

YOU MAY CONTINUE CLEAR LIQUID DIET UNTIL MIDNIGHT.

DO NOT EAT/DRINK ANYTHING AFTER MIDNIGHT.

Day of procedure:

No smoking before your procedure.

No gum or hard candy / mints the day of the procedure.

Take any currently prescribed heart or blood pressure medications (**DO NOT** take lisinopril) with a sip of water at least 2 hours before your arrival.

All other medications may be resumed after your procedures.

If you are diabetic: To avoid dangerously low blood sugar, please do not take your diabetic medication (pills or insulin) the morning of your procedure.

Plan on being at the facility for approximately 2 hours.

A driver must accompany you to the facility.

YOU WILL NOT BE ALLOWED TO DRIVE OR TAKE A CAB/UBER