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## Colonoscopy – PLENVU Instructions

### APPOINTMENT INFORMATION

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

### Cancellation Policy

Scheduling procedures requires careful planning between the staff, doctors, and facility. Please be compliant with and on-time for your appointment. If you must reschedule or cancel, please contact us at least **1 day prior to procedure**. Failure to do so will incur **A FEE OF \$100**. Thank you for your cooperation.

### 1 WEEK PRIOR

- Fill your prescription for PLENVU at the pharmacy.
- Arrange for a driver to take you home on the day of the procedure.
- If you have diabetes, check with your doctor regarding diet and medication instructions.
- Avoid all seeds, popcorn, multigrain breads, high fiber vegetables, and fruits.
- Stop Fiber Supplements, Vitamin E, and Iron containing supplements (example: Ferrous Sulfate)

### Medications to be **DISCONTINUED**

- **All Blood thinners** should be discussed with your prescribing doctor. (Coumadin, Plavix, Eliquis, Effient, Brilinta, Xarelto, Arixtra, Lovenox, Pradaxa, Fragmin). You can **CONTINUE Aspirin 81 mg** unless instructed by your doctor.
- **STOP 1 WEEK PRIOR:** Semaglutide (Ozempic, Wegovy), Mounjaro, Zepbound, Trulicity, Victoza, Bydureon BCise
- **STOP 1 DAY PRIOR:** Rybeslsus, Saxenda, Byetta, Adlyxin

### 1 DAY PRIOR

- Start a clear liquid diet in the morning.
  - **NO SOLID FOOD ALL DAY** (No breakfast, lunch, or dinner)
  - **NO DAIRY PRODUCTS**
  - **NO RED or PURPLE FOOD COLORING**

**Clear liquids include:** Broths, Water, Clear fruit juices (apple), Soda, Gatorade, Jell-O, Popsicles, Black Coffee or Tea

- At **5PM (PART 1)**: Add Dose 1 (pouch 1) into the mixing container then fill the container up to the 16-ounces line with water. DRINK ALL THE LIQUID in the container within 30 minutes. In addition, drink 16-ounces of water over the next 1 hour.
- At **9PM (PART 2)**: Add Dose 2 (pouch A and pouch B) into the mixing container and repeat the same instruction as **(PART 1)** and drink clear liquids until midnight.

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT PRIOR TO THE PROCEDURE.**

### PROCEDURE DAY

- You may take your morning medications (**High Blood Pressure and Thyroid**) with a small sip of water.
- If you have asthma, please bring your inhaler with you.
  - **NO CHEWING GUM or SUCKING ON HARD CANDY**

**A RESPONSIBLE ADULT MUST ACCOMPANY ALL PATIENTS THE DAY OF THE PROCEDURE. NO PATIENT SHOULD DRIVE ON THE DAY OF THE COLONOSCOPY.**