

Colonoscopy Preparation Using Plenvu 2 Day PM/AM Split Dosing Regimen

• **SEVEN DAYS BEFORE THE PROCEDURE**

Medication restrictions – Please call the prescribing physician

1. Diabetics taking insulin: will need dose adjustment the day before the exam. Please ask for advice from the physician that prescribes your insulin. For diabetics only taking diabetic pills simply stop the pills the day before the procedure (see below).
2. **DO NOT** take **Ozempic, Mounjaro, Wegovy, Trulicity, Semaglutide, Saxenda, Vitoza, Rybelus, Adlyxin, Byureon and Byetta**. 1 week prior to procedure, this slows gastric motility and the effectiveness of the prep and increases risk of aspiration if food and liquids are still present in the stomach.
3. Blood thinners (antithrombotic agents) including: Coumadin (Warfarin), Plavix, Pradaxa, Xarelto, Eliquis, Brilinta and Effient: These can increase the risk of bleeding during and after endoscopic procedures to a varying degree. **If you take a blood thinner, review our recommendations below for holding these medications prior to your procedure and confirm with your prescribing provider:**

Effient - 7 days; Coumadin (Warfarin), Plavix and Brilinta - 5 days; Pradaxa, Eliquis and Xarelto - 2 days;

**** IF these medications are unable to be stopped, you need to call our office ASAP****

4. Aspirin does **NOT** need to be stopped.

Items to Purchase

1. Fill the prescription for *Plenvu*. *Plenvu* contains NutraSweet/aspartame and have a mango and fruit punch flavor; if this is a problem, call us before filling the prescription.
2. Fill the prescription for *Ondansetron* (anti-nausea medication).
3. Any over-the-counter hemorrhoid ointment for anal discomfort (A & D ointment or any diaper cream).

Diet restrictions

No seeds, nuts, popcorn or peels from fruits and vegetables. Examples but not limited to: no peels and seeds from apple, potatoes, cucumbers, zucchini, squash, tomatoes, no berries (blueberries, raspberries, strawberries), no grapes or bananas etc.

• **ONE DAY BEFORE THE PROCEDURE**

1. **For breakfast AND lunch you may choose one of the following:**
2 eggs (no meat, cheese, veggies or toast, only eggs, salt, pepper, oil or butter is fine to cook with)
or 1 yogurt, 8 ounces (plain, can be flavored but no chunks of fruit or granola), **or**
1 Ensure, 8 ounces (any flavor) **then clear liquids only for the remainder of the day.**
2. **You cannot have milk or orange juice for the entire day.**
3. Drink as much as you can to prevent dehydration. You may have bouillon, broth, black coffee (sugar and artificial sweeteners are okay, no creamer of any kind), tea (honey is okay), juice (apple, grape, cranberry), Gatorade, Powerade, lemonade, soda (regular or diet are okay), water, Popsicles and Jell-O (any flavor or color). Taking red Jell-O and red Gatorade may turn your bowel movements red, do not be alarmed and should be limited. If you have had dehydration before, drink Pedialyte.
4. You may have clear candy (such as Lifesavers, Jolly Ranchers and gummy bears).
5. Do not take oral diabetic pills.

TURN THE PAGE OVER FOR THE REST OF THE DIRECTIONS

TIMING OF PREPARATION

Please follow these instructions and NOT the Plenvu box instructions

• EVENING BEFORE THE PROCEDURE

This is divided into two sessions. You must drink the entire Plenvu to ensure your colon will be cleaned out. A poor prep can mean missed lesions (flat polyps) and cancellation and rescheduling of your procedure.

Between 4p.m. and 7p.m. (first dose, one large pouch) this **CAN NOT** be done earlier in the day.

1. Take the Ondansetron (anti-nausea) 30 minutes prior to taking Dose 1 of the Plenvu (bowel prep).
2. Empty the contents of Dose 1 (only one large pouch) into provided container. Add cold water to the top line of the container (at least 16 ounces), mix with spoon or shake until completely dissolved. You can **NOT** add anything to the Plenvu solution.
3. Drink **ALL** the solution, this can be done gradually to decrease the risk of nausea.
4. Drink an additional 16 oz or more of a clear liquid of your choice.
5. You can continue the clear liquid diet after you finish the first dose of the prep.

The first dose will not likely cause you to have much elimination, do not be concerned.

• THE MORNING OF THE PROCEDURE (second dose pouch A & B)

Beginning 6 hours prior to your **scheduled procedure time:**

1. Take the Ondansetron (anti-nausea) 30 minutes prior to taking Dose 2 of the Plenvu (bowel prep).
2. Empty contents of Dose 2 (packets A and B) into provided container. Add cold water to the top line of the container (at least 16 oz), mix with spoon or shake until completely dissolved. You can **NOT** add anything to the Plenvu solution.
3. Drink **ALL** the solution, this can be done gradually to decrease the risk of nausea.
4. Drink an additional 16 oz or more of clear liquids of your choice. You may have clear liquids up to **4 hours** of your **scheduled procedure time, then nothing by mouth after that.**
5. You should take the necessary medications you normally take on the morning of the procedure with **SIPS** of water.
6. Arrive at your scheduled **arrival time**.
7. Bring a list of your medications, insurance card and photo ID.
8. You must have a responsible adult drive you home after your procedure due to the sedation. It is best if your driver waits for you at the endoscopy center. **Taking a Cab or an Uber is NOT an option.** If you do not have a driver, we will not be able to sedate you for your procedure and the procedure may be canceled.
9. You may not drive or work until the following day.

• IMPORTANT INFORMATION ABOUT SEDATION

Sedatives used for endoscopy include Propofol. These medications provide amnesia and pain relief. You are breathing on your own. You may be groggy after your procedure and you **SHOULD NOT** work or drive the rest of the day, a responsible adult must drive you home after your procedure.

• QUESTIONS OR PROBLEMS

1. Plenvu hotline is (855) MYPLENVU or (855) 697-5368.
2. Daytime phone number is (314) 997-0554.
3. After hours number is (314) 388-6578.
4. Internet website address is www.gidoctor.net