

Plenvu Prep

4 days prior to the procedure: Hold all blood thinners and non-steroidal based products, i.e. Aggrenox, Aritra, Brilanta, Persantine, Ticlid, Coumadin, Plavix, Dalteparin, Fragmin, Argatroban, Pradaxa, Whole Iron, Mobic, Advil, Aleve, Motrin, Ibuprofen, Celecoxib, Diclofenac, Diflunisal, Etodolac, Indomethacin, Ketoprofen, Ketorolac, Nabumetone and Naproxen. It is OK to take Tylenol.

If you are on GLP-1 medications, you must stop these ONE WEEK prior to your procedure.

No green leafy vegetables nuts or seeds 4-5 days prior to procedure.

Day prior to procedure: Take all routine medications as you normally would, unless otherwise instructed.

Insulin and Diabetic Medications: If you take insulin, take half of your usual dose the day prior to your procedure and hold your insulin the day of your procedure. If you are on an Insulin pump, please contact your prescribing doctor for dosage adjustments during your preparation for the Colonoscopy. *Tips to prevent Low Blood Sugar: The day of your clear liquid diet drink protein to prevent low blood sugar. Keep glucose tablets on hand (available over the counter at any pharmacy) for sudden drops in glucose. Alternate drinking sugar free and sugar beverages*

1 Day Prior: Remain on a liquid diet all day **NO SOLID FOODS, MILK OR MILK PRODUCTS.** Examples of things you can have include Black Coffee, Tea, any Carbonated Beverages, Apple Juice, White Grape Juice, Lemonade, Limeade, Broths, Gatorade, Jello and popsicles.

6pm the day before procedure: Use the mixing container to mix the contents of Dose 1 pouch (Mango Flavor) with at least 16 oz of water by shaking or using a spoon until it is completely dissolved. This may take 2-3 minutes. Take your time and drink solution within 30mins. Refill the container with at least 16 oz of clear liquid Again, take your time and finish all of it within 30 minutes. Continue to drink additional clear liquids between the 2 doses.

10pm the day before procedure: Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until they're completely dissolved. This may take up to 2 or 3 minutes. Take your time—slowly drink and finish the dose within 30 minutes. Refill the same container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

Day of Procedure: Only take blood pressure, seizure, and respiratory medication **with a sip of water.** Please do not wear any make-up, cologne or perfume or aftershave products.

You cannot work or drive on the day of your procedure, therefore please arrange to have a responsible adult give you a ride home from the facility. You cannot take Uber, Lift or Taxi home.

Procedure Date: _____ **Arrival Time:** _____

_____ Digestive Health Center of Bedford, 1600 Central Dr Suite 300; Phone 817-318-0235

_____ Texas Health Hospital HEB 1600 Hospital Parkway; Phone 817-848-2088

_____ Digestive Health Center of NR Hills, 7640 NE Loop 820 Suite 96 North Richland Hills, TX 76180 469-713-3740

You may be charged a \$100 re-scheduling fee if you do not cancel or re-schedule at least 48 hrs. prior to your procedure time. Re-scheduling fees or missed appointment fees are NOT covered by insurance.