

Plenvu

On the day prior to the procedure, consume clear liquids only

Step 1: Take Dose 1 at 5 PM:

1. Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2-3 minutes. Slowly finish the dose within 30 minutes.
2. Refill the container with at least 16 ounces of water. Again, slowly finish all of it within 30 minutes.

Step 2: Take Dose 2 at 10 PM:

1. Using 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 it's completely dissolved. This may take up to 2-3 minutes. Slowly finish the dose within 30 minutes.
2. Refill the container with at least 16 ounces of water. Again, slowly finish all of it within 30 minutes.

Nothing by mouth after midnight for morning procedures. If your procedure is scheduled in the afternoon, you are allowed to have clear liquids only before _____ the morning of your procedure, then nothing by mouth after this time.

Someone will need to bring you to and from the procedure. You cannot drive yourself and NO TAXIS.

Date: _____ Arrive at: _____

___ Digestive Health Center of Bedford, 1600 Central Dr, Suite 300; 817.318.0235

___ Harris HEB Hospital, 1600 Hospital Parkway; 817.848.2088(Check in at Main Admissions)

****If biopsies are taken, we will notify you of the results within 10 business days via phone or mail.****

****If you have any questions, please call Andrea at 817.267.8470, ext: 122**

You may be charged a \$100 fee if you reschedule or cancel without a 2 day notice.

Colonoscopy Prep Instructions

On the day prior to the procedure:

LIQUID DIET ALL DAY LONG. ABSOLUTELY NO SOLID FOOD.

The more you drink the better.

Clear liquids include: black coffee/ tea with sugar or any type of sweetener, carbonated beverages-includes coke, diet coke, Dr Pepper, Sprite, apple and white grape juice, lemonade, limeade, beef, chicken, vegetable, or Bone broth, Ensure Clear, Protein Premiere Clear, Gatorade/Crystal Light/Sobe/Powerade, Jell-o and popsicles/sorbet.

Avoid Alcohol, anything Red or Purple, Solid Foods or Milk or Milk products.

***Protein drinks come in mixed berry/pomegranate flavors and are okay to drink despite color.**

****NO ILLICIT DRUG USE 24 hours prior to procedure****

****If you are on Ozempic or Mounjaro, you must stop these medications ONE WEEK prior to your procedure.**

4 days prior to the procedure, hold all blood thinners and non-steroidal anti-inflammatory medications:

Brilanta
Coumadin
Pradaxa
Dalteparin
Ketoprofen

Aggrenox
Persantine
Fragmin
Diclofenac

Arixtra
Ticlid
Argatroban
Difusinal

It is OK to continue aspirin 81 mg or 325 mg daily.

If you are diabetic:

1. Do not take your oral medication on the day of your procedure.
2. If you take insulin, take ½ of your usual dose the day before the procedure and hold your insulin the day of your procedure.
3. If you have an insulin pump, call your prescribing physician for dose adjustments.

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

Day of Procedure- All patients: Take Thyroid, Heart, Blood Pressure, Anti-Seizure, Breathing and /or Transplant Medications with a small sip of water before coming to the procedure. When you return home, you may take all regular medications as usual.

Please do not wear any make-up, cologne, and perfume or aftershave day of procedure.