

GASTROENTEROLOGY AND HEPATOLOGY CENTER
Sanjeev M. Wasan, M.D., PLC
19420 Golf Vista Plaza, Suite 230, Lansdowne, VA 20176
Phone: 703-724-4480 Fax:703-724-7743
www.gihepcenter.com

PLENVU preparation for Colonoscopy Procedure Split dose

*****Please read 2 weeks prior to your appointment*****

****Go to your local pharmacy and pickup your PLENVU prescription in advance**

Restrictions beginning 5 days prior to procedure

Blood thinners: Stop taking aspirin and aspirin type products **5 days** before procedure unless directed otherwise. Avoid aspirin, Advil, Motrin, Aleve, Excedrin, iron pills, arthritis medications, NSAIDS or any similar medications for 5 days prior to the procedure. Tylenol is permitted. **Please stop taking** Coumadin, Pradaxa, Xarelto, Effient, Plavix, or Eliquis 5 days prior to procedure unless otherwise directed.

Supplements and Vitamins: Stop taking any herbal medications, Vitamin E, Fish Oil, Multi Vitamins, etc. 5 days prior to procedure unless otherwise directed.

Alcohol: Do not drink alcohol or alcohol products starting 5 days before procedure.

Blood pressure/Heart Disease/Asthma meds: It is highly recommended that you take your medication for heart disease, high blood pressure and asthma the morning of your procedure. Pills can be taken with a small sip of water, please take them at least 4 hours prior to your procedure that day. Bring your inhalers to the Facility as well. All other medications should be brought to the facility to be taken after your procedure.

****Hold Diabetes medications the morning of the procedure if you have diabetes****

****Hold Semaglutide medications like Ozempic, Mounjaro, Wegovy, Zepbound, Trulicity, etc. for at least 1 week prior to procedure (typically this will be holding 1 dose)****

DO NOT eat food containing seeds, beans, nuts, corn, pepper, lettuce, raw vegetables and the skin of fruits for **5 days** prior to the procedure.

On the **day before** your procedure you may have **Only clear liquids all day as soon as you wake up regardless of the time of the procedure.** (See list below) **No Solid foods allowed!!**

CLEAR LIQUIDS ALLOWED: Any liquids that are not red or purple in color and do not contain solid food. Liquids that are acceptable are: water, black coffee, clear tea, coffee substitutes, carbonated beverages (i.e. cola, ginger ale, etc.), Jell-O gelatin without food particles, ices, clear fruit juices, broth, bouillon, Gatorade, PowerAde and similar products. Avoid all milk products.

***INABILITY TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN THE CANCELLATION OF PROCEDURE AND SUBJECT TO THE CANCELLATION FEE*.** Please call our office if you have any questions.

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****Colonoscopy Preparation Instructions****

Please follow our instructions and not those on the PLENVU box

1 DAY PRIOR TO EXAM:

STEP 1: At 5:00 PM the night before your procedure, begin drinking the 1st dose of prepared solution.

1. Use the provided mixing container to mix the contents of the PLENVU pouch labeled Dose 1 with at least 16 oz of water until it's completely dissolved (2-3 mins).
2. Take your time - slowly drink and finish the dose within 30 mins.
3. Refill the same container with at least 16 oz of clear liquid.
4. Again, take your time and finish all of it within 30 mins.
5. You may continue to drink clear liquids ONLY, for the rest of the evening.

DAY OF EXAM:

STEP 2: At 6 hrs before your procedure time, begin drinking the 2nd dose of prepared solution.

1. Use the provided mixing container to mix the contents of PLENVU Dose 2 (Pouch A and Pouch B) with at least 16 oz of water until it's completely dissolved (2-3 mins)
2. Take your time - slowly drink and finish the dose within 30 mins.
3. Refill the same container with at least 16 oz of clear liquid.
4. Again, take your time and slowly finish all of it within 30 mins.
5. Continue to drink additional clear liquids, but be sure to stop drinking liquids at least 4 hrs before your colonoscopy.

REMINDER!*DO NOT HAVE ANYTHING BY MOUTH FOR AT LEAST 4 HOURS PRIOR TO YOUR PROCEDURE TIME! (NOT EVEN WATER)**

Please follow additional instructions if box is checked:

- 4 nights prior, take 1 full dose of Miralax nightly
- 2 nights prior, take 2 pills of Dulcolax (Bisacodyl) 5mg laxative tablets.
- 1 day prior, take 1 bottle of magnesium citrate at 8 am.
- 1 day prior, take 2 pills of Dulcolax (Bisacodyl) 5mg laxative tablets at 8 am.
- 1 day prior, take 2 pills of Dulcolax (Bisacodyl) 5mg laxative tablets at 12 noon.

***** Arrive for your Colonoscopy ON TIME! (1 hr prior to procedure start time)**

****Please arrange for a reliable adult (18 or older) to drive you to and from the procedure. You may not go home in a Taxi, Uber, Lyft or bus. OPERATING A VEHICLE or any other machinery is PROHIBITED for the remainder of the day after the procedure because of the effects of the medications used for sedation.**

***INABILITY TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN THE CANCELLATION OF PROCEDURE AND SUBJECT TO THE CANCELLATION FEE*. Please call our office if you have any questions.**