

# TEXAS★ENDOSCOPY

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## PLENVU Preparation Instructions for Colonoscopy

\*You **MUST HAVE TRANSPORTATION** from the facility by an adult family member or friend. No taxis, Uber, Lyft, or other public transportation. Otherwise, your procedure will be cancelled.

**\*For any questions regarding these instructions, please call your TDDC physician's office.**

### 7 Days Prior to Procedure:

- If you are taking **Plavix, Coumadin (Warfarin), Lovenox, Eliquis, Brilinta** or any other prescribed blood thinner, it's very important that you notify the nurse for instructions as when to STOP this medication before your procedure. **If you are taking 325mg Aspirin**, switch to 81mg Aspirin daily 7 days prior to your procedure and stay on this dose leading up to procedure. If you are already taking 81mg Aspirin, do not stop prior to procedure.
- Avoid eating nuts and seeds i.e. popcorn, strawberries, etc.
- PLENVU is a prescription prep that will be sent to your pharmacy for pickup.

### 2 Days Prior to Procedure:

- Do not eat solid foods after midnight. For example: if your test is on Tuesday, do not eat solid food after midnight on Sunday.

### The Day Prior to Procedure:

- You must be on a clear liquid diet ALL DAY. No solid foods!  
**\*Clear liquids include:** water, tea, coffee (no milk/creamer), sodas, chicken or beef broth, fruit juice without pulp, sports drinks, crystal light, slushes, popsicles, and jello. NO red, purple, or milk products!
- If you are a diabetic and take medications, take ½ of your regular dose of medication.
- At 6:00 p.m., complete the following steps using Dose 1 in your PLENVU kit:
  - a) Mix Dose 1 pouch into 16 oz. of cool drinking water and mix until completely dissolved.
  - b) Drink ALL the liquid in the cup.
  - c) You **MUST** drink one more 16 oz. cup of water. Complete all steps within 1 hour.

**IF** you don't have any bowel movements or are not passing clear liquid from the rectum by 9 pm drink one bottle of magnesium citrate (300mL).

**IF** you're still not passing clear liquid by 10 pm, drink another bottle of magnesium citrate (300mL).

**IF** you have not had any bowel movements by 10:30 pm call your doctor's office to contact on call doctor for further instructions.

### The Day of Procedure:

- **5 Hours Prior to Procedure:** complete the following steps using Dose 2 in your PLENVU kit:
  - a) Mix Dose 2 pouch into 16 oz. of cool drinking water and mix until completely dissolved.
  - b) Drink ALL the liquid in the cup.
  - c) You **MUST** drink one more 16 oz. cup of water. Complete all steps within 1 hour.
- Please take blood pressure, heart, seizure, and thyroid medications with a sip of water 4 hours prior to your procedure.
- **NOTHING** by mouth 4 hours before your procedure time!