Plenvu 1 Day Prep Instructions

Colonoscopy

***Please review these instructions at least one week prior to your procedure. If you have any questions, please contact your doctor’s office.***

You are scheduled to have a colonoscopy on: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your procedure will be at: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The facility will call you 1-2 business days prior to your procedure with your arrival time. If you have not heard from the facility by 4:00 pm the day prior to your procedure, please contact them directly. *Times listed in your patient portal are not accurate – the facility will provide you with your arrival time.***

Make arrangements to have a designated driver for the day of your procedure. You cannot work or drive the entire day. You are not allowed to drive, take public transportation (i.e. taxi, bus, or Uber) or leave the endoscopy center alone. If you do not have a responsible driver to accompany you, your exam cannot be done with sedation and will be cancelled.

**Medications:**

* For seven (7) days prior, stop herbal medicines, fish oil, and vitamin E.
* All Weight Loss Injectables, for 1 week (7 days) prior, stop taking your injection medication after consulting with your prescribing physician. Follow your prescribing doctor’s instructions for when and what dose following your procedure. These medications include all GLP – 1RA class drugs:

**Saxenda, Wegovy (Semaglutide), Ozempic, and Mounjaro**

* For five (5) days prior, stop iron pills and any vitamins containing iron.
* Blood thinning medications: Medications such as Coumadin (Warfarin), Plavix (Clopidogrel), Ticlid, Agrylin, Xarelto, Pradaxa, Eliquis, and Effient will need to be stopped prior to your procedure. Check with your prescribing physician prior to stopping these medications. Over-the-counter pain relievers (i.e. Aleve, Ibuprofen, Motrin, Advil) should be held for seven (7) days prior to your procedure. Tylenol (Acetaminophen) is ok to take as needed. You do not need to stop 81mg aspirin (baby aspirin).

 Stop \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ days.

* Diabetic medicines: If you take a GLP–1RA class drugs (injectable): **Saxenda, Wegovy (Semaglutide), Ozempic, and Mounjaro,** it is recommended to discontinue use prior to your procedure. If your injection for diabetes is taken **daily,** STOP MEDICATION THE DAY BEFORE. If you take your injection **weekly,** STOP 1 WEEK (7 days) before your procedure. Please consult with your Endocrinologist with questions and concerns regarding your medication. Follow your prescribing doctor’s instructions for when and what dose following your procedure.
* Do not take any diabetic pills the day prior to or the morning of the procedure. Insulin users: The day prior to your procedure, take half of your morning dose and none of the evening dose. The day of your procedure, bring your insulin with you. *You should contact your endocrinologist or prescribing doctor regarding these changes.*
* Do NOT stop taking any heart, blood pressure, anti-seizure, anti-anxiety, or thyroid medications. These medications, if normally taken in the morning, should be taken at least two (2) hours prior to your arrival time with no more than four (4) ounces of water.

**Two days prior to procedure:**

You will need to follow a low residue/low fiber diet all day. This type of diet limits the amount of food waste that has to move through the large intestine. It is important that you do not overeat this day and to limit protein at dinner to no more than 4 ounces.

* + Avoid any food made with seeds, nuts, or raw or dried fruit.
	+ Avoid whole-grain breads and cereals.
	+ Do not eat raw fruits and vegetables. Remove skins before cooking.
	+ Avoid tough, fibrous meats with gristle.

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| Types of Foods | Foods to Choose | Foods to Avoid |
| Breads, Cereals, Rice, and Pasta | * Enriched white bread, rolls, biscuits, and muffins
* Waffles, French toast, and pancakes
* White rice, noodles, pasta, and cooked potatoes (no skin)
* Plain crackers
* Cooked cereals: farina, cream of wheat, and grits
* Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes, and Special K
 | * Breads or rolls with nuts, seeds, or fruit
* Whole wheat, pumpernickel bread, and cornbread
* Potatoes with skin, brown or wild rice, and kasha (buckwheat)
* Whole grain cereals, bran cereals, granola-type cereals, and cereals with nuts, seeds, coconut, or dried fruit
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| Fruit | * Strained fruit juice
* Canned or cooked fruits without skins or seeds
* Ripe banana
* Soft cantaloupe and honeydew melon
 | * Prunes and prune juice
* Raw or dried fruit
* All berries and raisins
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| Vegetables | * Strained vegetable juice
* Well-cooked fresh or canned vegetables such as asparagus tips, beets, green beans, carrots, acorn squash (without seeds), pureed spinach, and tomato sauce
* Lettuce, if tolerated.
 | * Raw or partially cooked (steamed) vegetables
* Vegetables with seeds
* Sauerkraut
* Cooked peas, winter squash, broccoli, brussels sprouts, cabbage, onions, cauliflower, baked beans and corn
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| Meats, Poultry, Fish, Eggs(Limit to 6 ounces) | * Ground, well-cooked, tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats
* Eggs
 | * Tough, fibrous meats with gristle
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| Fats, Snacks, Sweets, Condiments and Beverages | * Margarine, butter, oils, mayonnaise, sour cream, and salad dressing
* Plain gravies
* Sugar, clear jelly, honey, and syrup
* Spices, cooked herbs, bouillon, broth, and soups made with allowed ingredients
* Coffee, tea, and carbonated drinks
* Plain cakes and cookies
* Gelatin, plain puddings, custard, ice cream, sherbet, Popsicles
* Hard candy
* Pretzels
 | * Nuts, seeds, and coconut
* Jam, marmalade, and preserves
* Pickles, olives, relish, and horseradish
* All desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran
* Candy made with nuts or seeds
* Popcorn
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**The day prior to procedure:**

DO NOT EAT ANY SOLID FOODS. You will need to follow a clear liquid diet all day.

*Please drink plenty of additional fluids. A colonoscopy prep can cause dehydration and loss of electrolytes. Increasing the amount of fluid you drink will help to clean out your colon and improve your preparation. Don’t count the prep solution as being part of your fluid volume.*

**Allowed:** Water, hot/iced tea, apple juice, black coffee, white cranberry juice, white grape juice, clear broth or bouillon of any kind (beef, chicken, vegetable), gelatin, water ice, soft drinks (Sprite, Ginger-ale), and sports drinks (Gatorade, Powerade, Propel), and hard candy. Honey, sugar, and sugar substitutes are ok.

**Not allowed:** Absolutely no solid foods, milk, creamer, or any items with red or purple dye.

*Follow these instructions for the prep. Do not follow the instructions on the Plenvu box.*

**\*\*Each dose of Plenvu must be used within 6 hours after mixing with water\*\***

1. **At 6:00 PM**: Prepare the Plenvu mixture. Use the mixing container to mix the contents of the pouch labeled “Dose 1” with at least 16 ounces of water by shaking or using a spoon until it’s completely dissolved. This may take up to 2 to 3 minutes. Begin drinking the 16-ounce Plenvu mixture. You will need to finish mixture within 30 minutes. Refill the container with at least 16 ounces of clear liquids and finish the clear liquids within the next 30 minutes. The total time for the first dose of prep will take about one (1) hour to complete.
2. **Six (6) hours prior to your arrival time**: Use the mixing container to mix the contents labeled “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 to 3 minutes. You will need to finish the 16-ounce Plenvu mixture within 30 minutes. Refill the container with at least 16 ounces of clear liquids and finish the clear liquids within the next 30 minutes. Total time for the second dose of prep will take about one (1) hour to complete**. If you have an early arrival time, this does mean that you will be finishing the last half of your prep during the night or very early in the morning.**
3. **Five (5) hours prior to your arrival time**: Stop drinking all clear liquids. For the five (5) hours prior to your arrival time, you will need to be fasting. This means NO liquids, including water.

Your stomach must be empty for your procedure. No gum, mints, or smoking during this time.

*NOTE: Individual responses to laxatives vary. This prep may cause multiple bowel movements. It may start working in as little as 30 minutes or take as long as 4-6 hours.*

**Reminders:**

* If prescribed, please have your bloodwork done as soon as possible.
* If required by your insurance, you must obtain necessary referrals for your procedure and follow up visits from your primary care physician.

 (cut here and take with you to your drug store) 

**Purchases:**

You will need to purchase the following items in order to complete your preparation. If any of the items below are prescription, your doctor will send an electronic prescription directly to your pharmacy or you will receive a hand-written prescription. Over-the-counter items can be picked up without prescription at your drug store.

1. Plenvu (available with prescription at your pharmacy)