

PLENVU BOWEL PREP - EXTENDED

The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach Your Patient Advisor with non-medical prep questions at **800.349.0285**

You can reach your physician’s office at **253.272.5127**

Special Notes: If you are taking blood thinner medication such as Coumadin, Xarelto, Eliquis or Plavix, and haven’t spoken to a WAGI nurse, please call our office.

If you are taking a GLP-1 medication (Ozempic, Trulicity, etc.), please hold your weekly or daily dose prior to your procedure. If you have concerns regarding this, please contact your primary care provider.

Seven (7) Days Prior to Procedure	Three (3) Days Prior to Procedure	Two (2) Days Prior to Procedure	One (1) Day Prior to Procedure	Day of Procedure
<p>Review your prep instructions thoroughly</p> <p>Pick up your prescription at your pharmacy. DO NOT follow the instructions given by your pharmacy. ONLY follow the colon preparation instructions provided to you in this packet.</p> <p>STOP Using any iron and fiber supplements.</p> <p>If you are taking blood thinner medications, have a pacemaker or defibrillator, call our office and speak to a nurse.</p> <p>Continue your other medications.</p>	<p>STOP eating any raw fruits, raw vegetables, or vegetables containing seeds, corn, popcorn, nuts, and seeds and stop any fiber supplements until after the procedure.</p> <p>If you have diabetes and are taking insulin, consult your diabetes physician for the correct dosage to take on the day of your exam.</p> <p>Purchase *Clear Liquid diet items.</p>	<p>ONCE YOU WAKE UP, YOU <u>MUST</u> ADHERE TO THE CLEAR LIQUID DIET. Drink plenty of water throughout the day to avoid dehydration.</p> <p>NO fiber supplements until after the procedure.</p> <p><u>Prep at a Glance</u> 4-8pm - Take first dose of prep solution.</p> <p>Follow detailed, step-by-step instructions continued on page 2.</p> <p>YOU MUST ARRANGE A DRIVER WHO WILL STAY WITH YOU AND DRIVE YOU HOME. Please inform your driver this will take about 2 hours.</p>	<p>ONCE YOU WAKE UP, YOU <u>MUST</u> ADHERE TO THE CLEAR LIQUID DIET. Drink plenty of water throughout the day to avoid dehydration.</p> <p><u>Prep at a Glance</u> 8am - Take second dose of prep solution. 4-8pm - Take 3rd dose of prep solution.</p> <p>Follow detailed, step-by-step instructions continued on page 3 and 4.</p> <p>NO USE OF MARIJUANA (THC Products) 12 hours prior to your procedure.</p>	<p>Take 4th dose of prep solution as detailed on page 5.</p> <p>Please take all daily blood pressure medications with water at least 3 hours prior to your procedure.</p> <p><u>Nothing by mouth 3 hours prior to your procedure.</u> This includes water, gum, hard candy, lozenges, mints, and tobacco products. You may brush your teeth, but do not swallow.</p> <p><i>If you have anything in your mouth during the 3 hours prior to your procedure, your appointment may be rescheduled.</i></p>

TWO DAYS BEFORE YOUR PROCEDURE

ONCE YOU WAKE UP, YOU MUST ADHERE TO THE CLEAR LIQUID DIET. Drink plenty of water throughout the day to avoid dehydration.

CLEAR LIQUID DIET (No liquids with red or blue dye)

- Bouillon/Broth: chicken, beef or vegetable
- Juice: apple, white cranberry, white grape
- Water: plain or flavored
- Soda: Sprite or 7-Up
- Other: Gatorade, Crystal Light, Pedialyte, coffee, tea (Do NOT add milk, cream or non-dairy creamer; you may add sugars or other sweeteners if desired)
- Popsicles: orange, lemon, lime
- Jell-O: orange, lemon, lime
- Candy: hard candy such as LifeSavers, suckers, gummy bears
- **NO ALCOHOL**

1

Between 4-8pm two days prior to your procedure

- Open carton and remove **Dose 1** sachet.

2

Between 4-8pm two days prior to your procedure

- Pour the contents into the mixing container that comes with your PLENVU kit.

3

Between 4-8pm 2 days prior to your procedure

- Add water to the fill line on the mixing container (at least 16oz).

4

Between 4-8pm 2 days prior to your procedure

- Stir until all the powder has dissolved. This may take several minutes. **Drink the entire contents over the next 30 minutes.**

5

After you finish Step 4

- Refill the mixing container to the fill line (at least 16oz) with clear liquids and drink over the next 30 minutes.

Diarrhea should start within one hour of the first dose, but may take up to 5-6 hours, depending on the person. If you have not had a bowel movement by midnight, and you DO NOT have chronic kidney disease or kidney failure, you should obtain a bottle of magnesium citrate (296mL) from your local pharmacy and drink the entire bottle. You may experience irritation to the anal area due to the diarrhea. If you experience anal discomfort, you may use pre-moistened towelettes (Cottonettes). You may also apply Vaseline or Desitin to the peri-anal area after each bowel movement to minimize irritation.

THE DAY BEFORE YOUR PROCEDURE

NO FOOD until after your procedure. **YOU MUST ADHERE TO THE CLEAR LIQUID DIET.** Drink plenty of water throughout the day to avoid dehydration.

1

Between 8am-12pm The Day Prior to Your Procedure

- Begin the 2nd half of the preparation solution Follow the same instructions as the previous night, once again remaining close to the toilet, as multiple bowel movements will occur. Prep must be completed no later than 3 hours prior to your procedure.
- Open carton and remove **Dose 2 sachet A** and **Dose 2 sachet B**

2

Between 8am-12pm The Day Prior to Your Procedure

- Pour the contents of both A and B sachets into the mixing container that comes with your PLENVU kit.

3

Between 8am-12pm The Day Prior to Your Procedure

- Add water to the fill line on the mixing container (at least 16oz)

4

Between 8am-12pm The Day Prior to Your Procedure

- Stir until all the powder has dissolved. This may take several minutes. Drink the entire contents over the next 30 minutes.

5

After you finish Step 4

- Refill the mixing container to the fill line (at least 16oz) with clear liquids and drink over the next 30 minutes.

THE DAY BEFORE YOUR PROCEDURE

NO FOOD until after your procedure. **YOU MUST ADHERE TO THE CLEAR LIQUID DIET.** Drink plenty of water throughout the day to avoid dehydration.

6

Between 4-8pm two days prior to your procedure

- Open carton and remove **Dose 1** sachet.

7

Between 4-8pm two days prior to your procedure

- Pour the contents into the mixing container that comes with your PLENVU kit.

8

Between 4-8pm 2 days prior to your procedure

- Add water to the fill line on the mixing container (at least 16oz).

9

Between 4-8pm 2 days prior to your procedure

- Stir until all the powder has dissolved. This may take several minutes. **Drink the entire contents over the next 30 minutes.**

10

After you finish Step 9

- Refill the mixing container to the fill line (at least 16oz) with clear liquids and drink over the next 30 minutes.

THE DAY OF YOUR PROCEDURE

NO FOOD until after your procedure. After completing the preparation, you may continue a **Clear Liquid diet** until **3 hours** before your colonoscopy appointment. **After that nothing by mouth until after your exam.**

If you have an early morning appointment and a long drive into our procedure center, you should target taking the second dose at least five hours before leaving your house for check in. This should provide enough time to allow your diarrhea to stop before getting in the car to drive to your appointment.

1

Five (5) Hours Prior to Your Procedure (Day of Procedure)

- Begin the 2nd half of the preparation solution Follow the same instructions as the previous night, once again remaining close to the toilet, as multiple bowel movements will occur. Prep must be completed no later than 3 hours prior to your procedure.
- Open carton and remove **Dose 2 sachet A** and **Dose 2 sachet B**

2

Five (5) Hours Prior to Your Procedure (Day of Procedure)

- Pour the contents of both sachets into the mixing container that comes with your PLENVU kit.

3

Five (5) Hours Prior to Your Procedure (Day of Procedure)

- Add water to the fill line on the mixing container (at least 16oz)

4

Five (5) Hours Prior to Your Procedure (Day of Procedure)

- Stir until all the powder has dissolved. This may take several minutes. Drink the entire contents over the next 30 minutes.

5

After you finish Step 4

- Refill the mixing container to the fill line (at least 16oz) with clear liquids and drink over the next 30 minutes.
Prep must be completed no later than **3 hours prior to your procedure.*

THE DAY OF THE PROCEDURE

3 Hours before your procedure

- Nothing by mouth
- Nothing to eat or drink until after your procedure
- Do not use chewing tobacco, gum, lozenges, candy or breath mints
- If you take daily medication, you may take it with small sips of water only, at least 3 hours before your procedure
- Do not wear perfume or cologne

ON THE DAY OF YOUR PROCEDURE, PLEASE BRING

- **Insurance card(s)** - you will be asked to present your insurance card(s) at EVERY visit to our office
- **Photo ID** - photo identification is now required by Federal Regulation to prevent identity theft; you will be asked to present photo identification at EVERY visit to our office
- **Inhaler** - we ask that you bring your inhaler if you use one
- **Patient Interview Form** - we ask that you complete this form, which is enclosed in this packet, and bring it with you to your appointment

Please remember a driver needs to check in with you on your procedure day to drive you home after your procedure and assist you with follow up care. This takes approximately 2 hours. You will **not** be able to drive a car, operate any machinery or go to work until the following day.

Failure to bring your completed forms, photo identification, insurance card(s), your co-payment, and a driver may result in your appointment being rescheduled.

If you have any questions or concerns about the preparation, please contact Your Patient Advisor at 800.349.0285 or support@yourpatientadvisor.com.

FREQUENTLY ASKED QUESTIONS

What is a clear stool?

A clear stool can have a slight tint of yellow or brown. It will be completely transparent, and will not contain any solid matter. The bottom of the toilet can be seen through clear stool.

I am not having bowel movements, what should I do?

Bowel movements can take up to 2 hours to start after beginning the prep, but may take up to 5-6 hours, depending on the person. Be patient, continue to drink clear liquids. If you have not had a bowel movement by midnight the night prior to your procedure, and you DO NOT have chronic kidney disease or kidney failure, you should obtain a bottle of magnesium citrate (296mL) from your local pharmacy and drink the entire bottle.

The prep is making me nauseous, what should I do?

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

What are some high fiber foods I should avoid?

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads, beans and lentils.

If I eat popcorn or seeds 3 days before my procedure, do I need to reschedule?

You will not need to reschedule your procedure, however the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.

Can I drink ALCOHOL on the liquid diet?

Alcohol is not allowed as part of the clear liquid diet.

Can I continue to be on the liquid diet after I begin consuming the laxatives?

Yes, we encourage you to continue the clear liquid diet until you are directed to discontinue anything by mouth, which is typically **three (3) hours** before the procedure.

Why do I have to wake up so early for the second dose, can't I take it all the night before?

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

If I weigh under 100 pounds, do I need to take all of the prep?

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.