

Barry M. Zingler, MD • Mitchell K. Spinnell, MD • Michael E. Meininger, MD • Marc A. Fiorillo, MD • Eugene S. Han, MD • Grace H. Yang, MD

Gastroenterology • Hepatology • Gastrointestinal Endoscopy

Colonoscopy with PLENVU Prep Afternoon

YOU MUST HAVE SOMEONE DRIVE YOU HOME FROM THIS PROCEDURE DUE TO THE EFFECTS OF ANESTHESIA

NJ State Law will consider you intoxicated if you drive following anesthesia.

****Absolutely NO exceptions will be made. If you plan to drive home, you will not be receiving anesthesia****

ONE DAY BEFORE THE PROCEDURE:

You may have 2 eggs and toast OR plain yogurt with NO FRUIT no later than 10A.M. And then you must be on a CLEAR liquid diet throughout the rest of the day. **NO SOLID FOODS!! Avoid all liquids that are RED in color. Avoid ALL dairy products and juices with pulp, such as orange juice.**

CLEAR LIQUIDS INCLUDE:

Soups: Clear broth, such as chicken, vegetable and beef or consommé.

Juices: White cranberry, white grape, apple, strained lemonade, and limeade (NO PULP)

Beverages: Tea, coffee, Kool-Aid, diet and regular soda (any flavor- cola/root beer etc.), iced tea, Gatorade, sports drinks, coconut water (no pulp), water, seltzer. NOTHING RED in COLOR. Remember no cream, milk, fake creamer, protein shakes, or smoothies. No vegetable juices.

Desserts: Water ices, Italian ices, Ice Pops, Jell-O, hard candy- NOTHING RED IN COLOR

IT IS IMPORTANT YOU DRINK AS MUCH FLUID AS YOU CAN THROUGHOUT THE DAY!

**** PLENVU is prescription only which can be filled at your pharmacy****

TAKE DOSE 1 at 9:00 P.M.:

****TAKE DOSE 1 POUCH AND DISSOLVE IN 16OZ OF WATER (USE THE BOTTLE THAT IS INCLUDED IN THE KIT). AFTER DRINKING THE PREP, RINSE BOTTLE AND REFILL WITH CLEAR LIQUID. FINISH 2ND BOTTLE WITHIN THE HOUR.**

TAKE DOSE 2 (6 HOURS BEFORE THE PROCEDURE): _____

****TAKE DOSE 2 POUCHES (LABELED DOSE 2 A & B) AND DISSOLVE IN 16OZ OF WATER (USE THE BOTTLE THAT IS INCLUDED IN THE KIT). AFTER DRINKING THE PREP, RINSE BOTTLE AND REFILL WITH CLEAR LIQUID. FINISH 2ND BOTTLE WITHIN THE HOUR.**

YOU MAY CONTINUE TO DRINK CLEAR LIQUIDS UP UNTIL 4 HOURS PRIOR TO THE PROCEDURE

****it usually takes about an hour to begin to have a bowel movement. You may notice some bloating or cramping at the beginning of this prep, which usually improves once the bowel movement begins.**

If you are taking diabetes medicine or blood thinning medications such as aspirin, Coumadin, Plavix, Lovenox, Effient, Pradaxa, Brilinta, Eliquis, or any anti-inflammatory drugs such as Celebrex, Aleve, or Motrin, please consult your prescribing physician about discontinuation. DO NOT STOP any medications without consulting your prescribing physicians. You can take blood pressure, heart/ seizure medications with a small sip of water on the morning of your procedure. Please inform us if you have a defibrillator.