

What you need to know about

PLENVU® COLONOSCOPY PREP

Day prior prep for AM procedure

Please read these instructions carefully at least one week prior to your exam.



Colonoscopy is an examination in which the doctor uses a flexible instrument containing a small camera to transmit the image of the colon onto a large screen. Colonoscopy is the best means to check the health of the colon, to screen for colon cancer and to remove abnormal growths, called polyps. Undergoing bowel prep for a colonoscopy is certainly not a pleasant activity, but your effort is essential for an accurate colonoscopy procedure.

The following instructions are intended to maximize the ease, safety, and success of your bowel prep.

ONE WEEK BEFORE PROCEDURE

- Obtain Plenvu® Bowel Prep Kit from your pharmacist **Note:** Prep kit requires a prescription.
- Avoid eating any nuts, seeds, or popcorn in the days prior to your procedure.



Your medicine regimen may need to be modified for your procedure. For your safety and health it is extremely important that you read the section below and let our office know whether you take any of the listed medications.

A physician's order is required before any prescribed medication is held, modified or discontinued in order to insure your safety!

- Take blood pressure medications, heart medications, and breathing inhalers on the morning of the exam or your procedure may have to be canceled!
- Diabetic medications require modification by a physician to prevent low sugar reactions or unacceptable high glucose readings.
- Aspirin therapy may be continued for most procedures.
- Discontinue Lovenox 24 hours before procedure.
- NSAIDS including Ibuprofen (Advil, Motrin), Naproxen (Aleve), Meloxicam (Mobic), Excedrin and Goody & BC powders should be discontinued, if possible for five days prior to procedure.

Certain medicines can cause bleeding problems.

Let our office know as soon as possible if you take any of the medications below.

Do **NOT** stop taking medications without a specific physician order to do so.

ANITPLATELET AGENTS:

- Aggrenox (Persantine aspirin)
- Cilostazol (Pletal)
- Thienopyridines
 - ✓ Clodiprogel (Plavix)
 - ✓ Prasugrel (Effient)
 - ✓ Ticlopidine (Ticlid)
 - ✓ Tricagelol (Brilinta)

ANTICOAGULANTS:

- Warfarin (Coumadin)
- Fondaparinux (Arixtra)
- Direct factor Xa Inhibitors
 - ✓ Rivaroxaban (Xarelto)
 - ✓ Apixiban (Eliquis)
 - ✓ Edoxaban (Savaysa)
- Direct thrombin inhibitors
 - ✓ Dabigatran (Pradaxa)
 - ✓ Disirudin (Iprivasc)

DAY BEFORE PROCEDURE

- You may have a light breakfast, such as eggs and dry toast to be eaten by 9:00AM.
- After breakfast, you may have **ONLY** clear liquids and bowel prep until midnight.
- **DO NOT** have any solid food.
- **DO NOT** drink any beverage containing milk products.
- **DO NOT** drink any red, purple or green liquids.
- **DO NOT** drink alcoholic beverages.
- **DO NOT** smoke for 24 hours prior to your procedure.

The following liquids are OK to drink:

- ✓ Water, Lemonade, Limeade, or Crystal Light
- ✓ Tea & Coffee without dairy or non-dairy creamer
- ✓ Apple, white grape, or white cranberry juice
- ✓ Beef, chicken, or vegetable clear broths
- ✓ Gatorade, Powerade and similar sports drinks
- ✓ GingerAle, 7-Up, Sprite soft drinks
- ✓ Popsicles, Italian ices, or Jell-O desserts in any color except red, purple, or green

Do NOT follow the directions on the bowel prep package. Instead follow the directions below that your doctor has prescribed to drink bowel prep. It is important that you drink ALL the liquid.



TIPS TO MAKE BOWEL PREP EASIER

- Drink fast rather than sipping.
- Purchase moist wipes, witch hazel wipes or hemorrhoid cream to ease discomfort from frequent bowel movements.
- Use a straw to help get solution down quickly.
- Mix the solution ahead of time and chill it to make it more pleasant to drink. However, if it is too cold it may be hard to drink quickly. Plenvu® must be consumed within **6** hours of mixing.

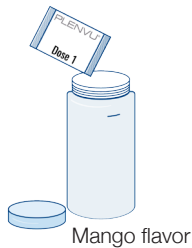
FIRST DOSE

4:00PM

evening prior to procedure

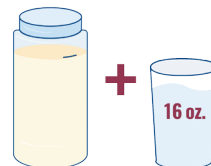
Complete steps 1-4. Stay close to the bathroom, as you will have diarrhea.

MIX FIRST DOSE



- 1 Empty **Dose 1** pouch into the disposable container.
- 2 Add 16 oz. of water to the top line of the container. Stir or shake until completely dissolved.
It may take 2-3 minutes to dissolve.

DRINK FIRST DOSE



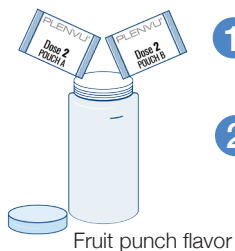
- 3 Drink the dose over the next 30 minutes.
- 4 Drink at least 16 oz. of the clear liquid of your choice over the next 30 minutes. Drinking the additional liquid is a necessary step to ensure adequate hydration and an effective prep.

SECOND DOSE

8:00PM

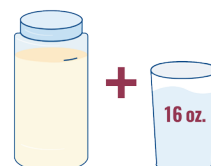
evening prior to procedure

MIX SECOND DOSE



- 1 Empty **Dose 2** pouches **A & B** into the disposable container.
- 2 Add 16 oz. of water to the top line of the container. Stir or shake until completely dissolved.
It may take 2-3 minutes to dissolve.

DRINK SECOND DOSE



- 3 Drink the dose over the next 30 minutes.
- 4 Drink at least 16 oz. of the clear liquid of your choice over the next 30 minutes. Drinking the additional liquid is a necessary step to ensure adequate hydration and an effective prep.

DAY OF PROCEDURE

- **Nothing by mouth after midnight** on the day of your exam except for blood pressure medications or those directed by your physician. Drinking too closely to the exam may make it necessary to cancel the exam.
- **Bring a driver.** You will receive intravenous medicine to sedate you. Therefore, your exam **WILL NOT** be done unless you bring an **ADULT** companion 18 or older to drive you home. Your companion must stay at the facility during entire procedure. You will not be able to drive the remainder of the day.

Colonoscopy is an important and potentially life saving procedure, but it can be intimidating if you don't know what to expect. We want you to have all the information you need to prepare. A list of our most frequently asked questions can be found on our website in the FAQ section.