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## Plenvu Colonoscopy Prep Instructions

### Please note:

- Due to sedation, patients are not allowed to leave on their own. A responsible adult must drive you home from the procedure. You are not allowed to drive, take a taxi or a car service.
- Nothing by mouth **3 hours** prior to your procedure.
- A COVID-19 test is required if not fully vaccinated, within 4 days of the procedure.
- You may have deductibles and/or co-pays due. Please call your insurance company to verify your benefits prior to the procedure.
- The average visit is about 2-3 hours.
- Arriving late or without a driver may require cancelling and rescheduling your procedure.
- Wear comfortable clothing and shoes that are easily removed.
- Please do not bring any valuable items with you on the day of your procedure.
- If you need to reschedule your procedure date, please call our main office (310) 829-6789.
- If you cancel your appointment without a 48 hour notice you will be charged a \$300.00 nonrefundable cancellation fee for a single procedure and \$400 for a double procedure.

### Your Appointment:

Name \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_

Arrival Time \_\_\_\_\_

Procedure Scheduled: Colonoscopy

### Location:

Endoscopy Center of Southern California  
Parkside West Building  
2336 Santa Monica Blvd. Suite 204  
Santa Monica, CA 90404  
(310) 453-4477

## Preparing for your procedure

For the doctor to perform a colonoscopy, a bowel “cleanout” must be completed at home prior to the procedure. A bowel clean out is a combination of a clear liquid diet and oral laxatives.

**Your provider has sent a prescription to your pharmacy.**

- You will need to pick up Plenvu from your pharmacy

**🚫 5 days before your procedure avoid high fiber foods and fiber/iron supplements such as:**

<ul style="list-style-type: none"> <li>• Popcorn</li> <li>• Beans</li> <li>• Seeds</li> <li>• Multigrain bread</li> <li>• Nuts</li> <li>• Salad/Vegetables</li> <li>• Fresh and dried fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Metamucil</li> <li>• Citrucel</li> <li>• Benefiber</li> <li>• Whole grains</li> <li>• Do not take any iron pills or vitamins containing more than 15mg of iron</li> </ul>
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### Medications:

Some of the medicines you take may need to be stopped or adjusted temporarily before your colonoscopy such as **blood thinners** (Plavix, Coumadin, Xarelto etc.) and **diabetes** medications. Please make sure to discuss with your prescribing physician or the specialist performing the procedure prior to your procedure date.

## The day before your procedure

**You will need to be on a clear liquid diet for 24 hours prior to your procedure, 🚫 no solid food.** Below is a chart of examples of drinks you can have and what to avoid.

<b>OK TO DRINK</b>	<b>NO – AVOID THESE 🚫</b>
<p>All light colors, <u>NO red or purple.</u></p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Tea and black coffee without any milk, cream, or lightener</li> <li>• Flavored water</li> <li>• Clear juices such as apple, white grape, lemonade without pulp, and white cranberry</li> <li>• Clear broth</li> <li>• Clear soda</li> <li>• Sports drinks such as Gatorade and Propel</li> <li>• Popsicles without fruit or cream</li> <li>• Jell-O or other gelatin without fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Smoothies</li> <li>• Cream</li> <li>• Orange juice</li> <li>• Grapefruit juice</li> <li>• Tomato juice</li> <li>• Soup (other than clear broth)</li> <li>• Cooked cereal</li> <li>• <u>Juice, Popsicles or gelatin with red or purple dye</u></li> </ul>

# Bowel Preparation



Note: Actual Solution is clear

### Take Dose 1

- Use the mixing container to mix the contents of the **Dose 1 pouch** 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. Take your time – slowly finish the dose within 30 minutes.
- Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

### Take Dose 2

- Use the mixing container to mix the contents of **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. Take your time – slowly finish the dose within 30 minutes.
- Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

HELPFUL TIP: PLENVU can be refrigerated. Use within 6 hours after it's mixed with water. The following table shows examples of recommended dosing time for the PLENVU 2-day split dosing option based on the time of colonoscopy

Colonoscopy Time	Dose 1 (evening before colonoscopy)	Dose 2 (evening or morning of colonoscopy)
7AM	1PM	7PM
8AM	1PM	7PM
9AM	1PM	7PM
10AM	2PM	8PM
11AM	2PM	8PM
12PM	6PM	6AM
1PM	6PM	6AM
2PM	6PM	8AM
3PM	6PM	8AM

You may take your morning medications with sips of water. Be sure to take them at least 4 hours before your scheduled appointment time.

**⊘ NOTHING BY MOUTH, STOP ALL LIQUIDS 3 HOURS BEFORE PROCEDURE, THAT INCLUDES WATER.**