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Do NOT eat ANY nuts, seeds, or popcorn one week prior to your procedure

PROCEDURE DATE & TIME: _____

ARRIVAL TIME: _____

FACILITY: _____ (SEE MAP)

PREP INSTRUCTIONS FOR COLONOSCOPY – PLENVU

** If you are taking **Plavix, Coumadin (Warfarin), LovenoX** or any other prescribed blood thinners, it is very important that you notify the nurse for instructions as to when to **STOP** these medications prior to your procedure. **If you are taking 325MG Aspirin**, switch to 81MG daily 7 days prior to your procedure & stay on this leading up to the procedure.

DAY BEFORE:

- On _____ you **MUST** be on a clear liquid diet **ALL DAY (no solid foods)**. **LIST OF LIQUIDS:** Tea, coffee, coke, sprite, diet soda, chicken or beef broth, Jell-O, popsicles, apple juice, cranberry juice, Gatorade, and water. Absolutely **NO** red Jell-O or red products, orange juice, milk, or kind of milk products!
- If you are diabetic and take medications, take only **HALF of the DOSE** of your diabetic medication the day prior to your procedure.
- At **6PM** complete the following 4 steps using Dose 1 in your **PLENVU KIT**:
 1. Mix Dose 1 pouch into 16oz of cool drinking water & mix until completely dissolved.
 2. Drink **ALL** the liquid in the cup.
 3. You **MUST** drink one (1) more 16 Oz cup of water. Complete these steps with **1 hour**.
 4. To ease nausea while drinking prep try using a straw and/or suck on a lemon wedge.
- 5. At **9PM**, **MIX one 238gram container of Miralax in 64 oz of water. Drink half (32oz) of this mixture over 1 hour.**

****If by 10pm you're still not passing clear liquids, drink the other half (32oz) of mixture over 1 hour. If you have not had any bowel movements by 10:30pm, call our office 972-562-4430 option 1 to page the doctor on call.**

DAY OF: 5 HOURS PRIOR TO PROCEDURE TIME

- At _____ AM/PM use mixing container to mix Dose 2 (pouch A & B) into 16oz of cool drinking water. Mix until completely dissolved. You **MUST** drink one (1) more 16-ounce cup of water. **Complete this step within one (1) hour.**
- You **MUST HAVE TRANSPORTATION** from the facility by an adult family member or friend, otherwise, your procedure will be **cancelled**.
- You may take your blood pressure or heart medication with just a sip of water early on the morning of your procedure.
- **NOTHING by mouth 5 hours prior to your procedure time!**