

Plenvu 2 Day Preparation

Procedure is scheduled with: _____

Date: _____

Arrival time: _____

Procedure time: _____

Procedure Location

Out Patient Endoscopy Locations			
Clayton 900 S Lombard Street. Suite# 104 Phone: 919-341-3547	Raleigh 2601 Lake Drive Suite# 201 Phone: 919-783-4888	Wake Forest 10540 Ligon Mill Road Suite# 109 Phone: 919-439-3393	Wilson 2402 Camden St SW Suite #300 Phone: 252-237-4100
Out Patient at Wake Med Hospital Cary North New Bern		Out Patient at Rex Hospital	

You will be sedated for this procedure and you must have:

- **Adult driver, 18 years or older to bring you to your procedure**
- **Adult driver must stay at the facility for the duration of the procedure**
- **Adult driver must drive you home**

If you take Phentermine it MUST be stopped 10 days prior to procedure

If you take coumadin, warfarin, pradaxa, or any other blood thinner please call our office for specific instructions

The facility has the right to delay or cancel your procedure in the event you do not have an adult with you to drive you home.

If you are unable to keep your appointment, please call our office as soon as possible to reschedule. We do reserve the right to charge for missed appointments or appointments cancelled less than 72 hours in advance.

Diabetic Patients

If taking diabetic medication:

- Day before procedure:
AM --Take your normal insulin and/or oral medications.
PM --Take ½ of PM insulin dose, NO oral diabetic medication.
- Day of procedure:
Do not take any diabetic medications until after the procedure.

Asthma Patients

If using an inhaler

- Bring inhaler with you on day of procedure

CPAP or VPAP

If you use either of these machine, you are required to bring it with you

Plenvu 2 Day Preparation

1). **Follow instructions outlined below.** Please do not follow instructions found in the Plenvu kit received from the pharmacy.

Bowel prep will include the following items sent to your pharmacy:

- 1-Plenvu Kit,
- 2-Reglan tablets (generic name is Metoclopramide)
- 2-Dulcolax tablets (generic name is Bisacodyl) this can be purchased over the counter, no prescription required)

2). **5 days prior**

- Stop any iron supplements you are taking.
- Avoid sesame seeds and nuts

3). **Day before procedure:**

- Drink clear liquids **only for all snacks and meals.**
Clear liquid diet: coffee, tea, soft drinks, Jell-O, clear broth, popsicles, clear fruit juices, Gatorade, water, Snapple, powdered juices. Avoid red or purple liquids
- Force fluids all day prior to and after beginning the bowel prep to keep you hydrated
- No solid foods or milk products

2:00 pm: Take the 2 Dulcolax tablets.

5:30pm: Take the Reglan tablet (this is optional). The prep may cause nausea. Taking the Reglan in advance of the prep should help reduce the nausea.

6:00 pm: Empty **Dose packet ONE** into the mixing container.

Add liquid **ONLY** water up to the 16 ounce fill line, mix thoroughly with spoon or by shaking with lid on tight.

Drink **all** liquid in the container over 30 minutes.

Drink additional 16 ounces of clear liquids over next 30 minutes.

Drink additional fluid over the evening up to midnight

~Do not plan to go anywhere after you have started drinking the prep.

The prep will cause diarrhea to cleanse your bowel for the procedure.

~Using baby wipes rather than toilet tissue to protect your rectum from irritation.

DO NOT eat or drink anything after midnight other than the 2nd prep dose as instructed below

4) **Morning of procedure -- 2nd Dose**

Start so you are finished 4 hours prior to arrival time.

- 30 minutes before starting 2nd dose take 1-Reglan tablet.
Empty **Dose packet TWO A and TWO B** into the mixing container.
Add liquid **ONLY** water up to the 16 ounce fill line, mix thoroughly with spoon or by shaking with lid on tight.
Drink **all** liquid in the container over 30 minutes.
Do not drink anything after you have completed the prep
- Do not eat anything until after the procedure