

## **Plenvu 2 Day Preparation**

**Procedure is scheduled with:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Arrival time:** \_\_\_\_\_

**Procedure time:** \_\_\_\_\_ **Procedure Location:** \_\_\_\_\_

Cary:919-783-4888 929 Kildaire Farm Road	Clayton: 919-341-3547 900 S. Lombard Street Suite 104	Raleigh: 919-783-4888 2601 Lake Drive Suite 201
Wake Forest: 919-439-3393 10540 Ligon Mill Road Suite 109	Wilson: 252-237-4100 2402 Camden St. SW Suite 300	Outpatient Hospital: WakeMed: Cary North Raleigh REX: Raleigh

**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 14 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  $\frac{1}{2}$  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 machines, you are required to bring it with you Revised

## **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) or Zofran

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 or Zofran tablet (this is optional). The prep may cause nausea. Taking the Reglan or Zofran in advance of the prep should help reduce the nausea.

**6:00 pm:** Empty Dose packet ONE into the mixing container. Add ONLY water up to the 16-ounce fill line, mix thoroughly with spoon or by shaking with lid on tight. Drink all the liquid over 30 minutes. Drink an additional 16 ounces of clear liquids over the 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 or Zofran 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 eat or drink anything after you have completed the prep.**