



# PREMIERE•GI

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## PLENVU

Location: \_\_\_\_\_

### **\*PLEASE OBTAIN PRESCRIPTION FROM YOUR PHARMACY\***

1. If you take a blood thinner such as Plavix, Coumadin (Warfarin), Pradaxa, Xarelto, Eliquis, Effient, or Aspirin (325mg or higher) please discuss with your prescribing physician regarding stopping the medication for your procedure. **Do not discontinue this medication on your own without discussing it with your doctor.**

2. Please continue Aspirin 81mg, you do not need to discontinue this low dosage.

### **3 DAYS PRIOR TO PROCEDURE:**

DO NOT take iron, multiple vitamins, fiber supplements prior to your procedure.

Avoid high fiber foods- such as popcorn, beans, seeds, multigrain breads, nuts, salad/vegetables, fresh and dried fruit.

### **DAY BEFORE PROCEDURE:**

1. Before 9AM, you may have a light breakfast. This can include cereal, bread, and milk products, but cannot include fresh fruits, vegetables, salad or meats.
2. After 9AM, only clear liquids (**NO RED OR PURPLE DYE**) Clear liquids include:

Water	Clear juices (apple, white grape)	Italian ice/Popsicles
Bouillon (Beef or Chicken)	Tea (regular, decaf, herbal)	Jell-o
7-Up, ginger ale, seltzer	Black Coffee	Gatorade

3. DO NOT drink any alcoholic beverages as alcohol thins your blood.
4. If you are a diabetic and use insulin, take ½ of your dose the day before while you are on the clear liquid diet. If you take the pills, continue as normal until the day of your colonoscopy. On the day of the colonoscopy DO NOT take your insulin or pills, but you can bring them with you to the appointment.

5. **At 6:00PM**, Use the mixing container to mix contents of the Dose 1 pouch with at least 16 oz of water by shaking or using a spoon until it is completely dissolved. This may take up to 2 to 3 minutes. Take your time – slowly finish the dose within 30 minutes. Drink **ALL** of the solution.

\*Refill the container with at least 16 oz of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

\*Continue to drink clear liquids

**\*The more hydrated you are, the better the prep results.**

\*\*\* The prep is more easily tolerated if chilled and taken with a straw. Feelings of bloating, nausea, or chills are common after the first few glasses. This is temporary and will decrease once bowel movements begin. If the nausea gets worsens, then stop drinking the solution for 30 minutes, then resume drinking as before\*\*\*

### **DAY OF PROCEDURE:**

1. **Wake up 6 HOURS priors to your procedure** (ex: if your procedure is at 8AM, you wake up 2AM)
  - Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 oz of water by shaking or using a spoon until it is completely dissolved. This may take up to 2 to 3 minutes. Take your time – slowly finish the dose within 30 minutes. Drink **ALL** of the solution.
  - **Immediately** refill the container with at least 16 oz of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

2. You should be entirely cleaned completed with the second half of the preparation 4 hours before your procedure. Clear liquids can be consumed only up to 4 hours prior to the procedure.

3. **IF YOU TAKE PILLS FOR YOUR HEART, SEIZURE MEDICATIONS OR PARKINSON'S MEDICATION, TAKE THEM AS USUAL BEFORE YOUR PROCEDURE.**

**\*\*NOTHING IS TO BE TAKEN BY MOUTH DURING THE 4 HOURS PRIOR TO YOUR ARRIVAL TIME OTHERWISE YOUR PROCEDURE WILL BE CANCELLED\*\***

### **AFTER THE PROCEDURE:**

**\*\*AT DISCHARGE YOU WILL NOT BE ALLOWED TO LEAVE THE FACILITY WITHOUR A RESPONSIBLE ADULT TO DRIVE YOU HOME\*\***

- Dr. Khazanchi will speak with you about the initial results in recovery following the procedure and recommend the appropriate follow-up needed.
- You will need to make a follow-up visit to get the results of your procedure. Results not given over the phone unless advised otherwise.
- After the procedure you must not drive, work, make legal decisions, or do anything that could result in injury.