

## PLEASE PICK UP ASAP

### Plenvu Bowel Kit Instructions for your COLONOSCOPY PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY

- If you have any questions about these instructions, please contact our office at 520-722-0744 EXT 204
- You are scheduled for a **Colonoscopy** with **Dr. ARENAS** at the following facility: **MSC OR TMC GI LAB**
- Mesquite Surgery Center, 7445 E Tanque Verde Rd Tucson, AZ 85715 phone: 520-722-0929
- **Appointment Date:** \_\_\_\_\_ **Appointment Time:** \_\_\_\_\_ **Please arrive 30 minutes prior; at:** \_\_\_\_\_

**Please be advised that these instructions are different from the Plenvu package instructions.**

#### **5 DAYS BEFORE YOUR EXAM**

- **You Must Stop Taking The Following Medications:** (If cleared by your Primary Care Physician or Cardiologist). Aspirin, NSAIDS (Advil, Ibuprofen, Celebrex, Naproxen, Meloxicam, Diclofenac Aleve), Coumadin, Eliquis, Heparin, Pradaxa, Plavix, Xarelto or other blood thinners. If you must continue please let us know.
- **STOP** any Bulking Agents and vitamin supplements; Metamucil, Citrucel, Gemfibrozil, Ginseng, Ginkgo, Garlic tablets, Vitamin E, Multi Vitamins, Fish oil, and Iron supplements. **Phentermine** must be stopped **2** weeks before procedure
- Tylenol is acceptable to take during this time.

#### **2 DAYS BEFORE YOUR EXAM**

- Start a low fiber diet. (No whole grain, raw vegetables, fruit, nuts, popcorn or seeds of any kind, etc.)
- **Take one 10- ounce bottle of magnesium citrate** around 4:00pm. (This is available over the counter at your pharmacy) Stay close to the toilet, as multiple bowel movements may occur with this laxative.

#### **THE DAY BEFORE YOUR EXAM**

- Stop your **oral diabetic medication** the day before your exam. You may resume these medications after your exam.
- **CLEAR LIQUID DIET ALL DAY (anything you can hold up to the light and see through)**
- Which includes; **Beverages:** Any soft drinks, Gatorade, Kool-Aid, fruit juices NO pulp (apple, white grape, lemonade, etc.), water, tea, coffee. **Soups-**Low sodium chicken, beef or vegetable bouillon or broth. **Other:** Hard candies, Jell-O (no fruit or toppings), Popsicles (no sherbets, ice cream or fruit bars).
- **NO DAIRY PRODUCTS, OR ANYTHING THAT IS RED OR PURPLE IN COLOR**
- **Breakfast, lunch and Dinner – LIQUID DIET ONLY**, drink all the clear liquids you want. **NO SOLID FOOD!**
- Take any heart, blood pressure, seizure or other necessary medications as usual.
- **DO NOT** take any oral diabetic medications the day before or the morning of your exam.
- **Insulin dependent diabetics** should take ½ the usual dose of Insulin the day before your exam and ½ the usual dose on the day of your exam. Continue to monitor blood sugar as usual.

#### **THE EVENING BEFORE YOUR EXAM:** by 5PM start your laxative Prep:

- Drink **ONE** of the 5.4-ounce laxative bottles of Plenvu. You must drink 5 cups (total of 40 oz of clear liquids within the next 5 hours)
- Continue your clear liquid diet, drink as much of the clear liquids as you like until bed time. **NO SOLID FOOD!**

#### **THE MORNING OF YOUR EXAM:**

- **AT \_\_\_\_\_ (at least 5 HOURS PRIOR to your procedure)** Start drinking the **SECOND** 5.4 oz bottle of Plenvu. **Drink the entire 5.4 oz laxative bottle. You must drink 3 cups (total of 24 oz of clear liquids within the next hour.)**
- Take any heart, blood pressure, seizure or other necessary medications **4 hours before procedure.** (with water is ok)
- After completing your morning dose of laxative, you may continue to **drink water until 4 hours before your exam.**
- **Stop drinking any liquids 4 hours before your exam.**
- **Nothing else to eat or drink until after procedure.**
- Please wear sensible shoes (no heels) and comfortable clothing, bring a pair of warm socks.
- **Please bring a list of your medications with you.**
- **SOMEONE MUST DRIVE YOU HOME AFTER YOUR EXAM.** You may not drive for the remainder of the day
- Please come prepared to pay your outpatient procedure co-pay. Check with your insurance for your required amount.

**Dr. Miguel Arenas, 7445 E Tanque Verde RD. Tucson, AZ 85715**

520-722-0744 PH, 520-722-0745 Fax

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