

PLENVU BOWEL PREPARATION FOR YOUR COLONOSCOPY

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You are scheduled for a Colonoscopy with Dr. Arenas at the following facility:

- MSC
 TMC GI
 St Joseph GI

Appointment Date: _____ **Time:** _____ **Please arrive 30 minutes prior at:** _____

You must have a responsible driver to take you home after your procedure. **This DOES NOT INCLUDE** cab, UBER, or the equivalent therefore. Medical Transportation services are acceptable. If you cannot arrange for a responsible individual to take you home, please notify Mesquite Gastroenterology or Surgery Center. **If you arrive at the Surgery Center without acceptable transportation your procedure will be postponed.**

- A prescription will be called into your pharmacy to purchase the **PLENVU BOWEL Preparation Kit**. Please be advised that these instructions are different from the Plenvu package instructions.
- Arrive a half-hour prior to your procedure time at Mesquite. If scheduled at TMC or St. Josephs, arrive 1 hour prior to your procedure time.
- If you have any questions about these instructions, please contact our office at **520-722-0744 EXT. 214**

2 DAYS BEFORE COLONOSCOPY PROCEDURE: PLEASE FOLLOW LOW-FIBER DIET

Listed are some examples of food options that are okay to eat during your low fiber diet.

Milk & Dairy	Milk, cream, hot chocolate, buttermilk, yogurt, cheese including cottage cheese, sour cream
Breads & Grains	Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta); white rice, plain crackers such as Saltines, low fiber cereal (including puffed rice, cream of wheat, corn flakes)
Fats & oils	Butter, margarine, vegetable and other oils, mayonnaise, salad dressings made without seeds or nuts
Meats	Chicken, turkey, lamb, lean pork, veal, fish and seafood, tofu
Soups	Broth, bouillon, consommé, and strained soups
Desserts	Custard, plain pudding, ice cream, sherbet or sorbet, Jell-O, or gelatin <u>without added fruit or red/purple dye</u> , cookies or cake made with white flour, prepared without seeds, dried fruit or nuts
Beverages	Coffee, tea, hot chocolate or cocoa, clear fruit drinks (NO PULP), soft carbonated drinks, Ensure, Boost, or Enlive <u>without added fiber</u>
Others	Sugar, salt, jelly, honey, syrup, lemon juice

2 WEEKS BEFORE YOUR PROCEDURE	<ul style="list-style-type: none"> • Stop taking Phentermine, Phendimetrazine, or Benzphetamine
7 DAYS BEFORE YOUR PROCEDURE	<ul style="list-style-type: none"> • If you are taking Ozempic (semaglutide) as an injection, hold on to after your procedure.
5 DAYS BEFORE PROCEDURE	<ul style="list-style-type: none"> • <u>You must stop taking the following medications:</u> (If cleared by your Primary Care Physician or Cardiologist): Aspirin, NSAIDS (Advil, Ibuprofen, Celebrex, Naproxen, Meloxicam, Diclofenac Aleve) Coumadin, Eliquis, Heparin, Pradaxa, Plavix, Clopidogrel, Xarelto, or other blood thinners. If you must continue, please let us know. • <u>STOP any bulking agents and vitamin supplements:</u> Metamucil, Citrucel, Gemfibrozil, Ginseng, Ginkgo, Garlic tablets, Vitamin E, Multi Vitamins, Fish Oil, and Iron supplements. • Tylenol is acceptable to take during this time. • <u>If diabetic and taking Steglatro, stop taking 4 days before your procedure. If you take Invokana, Farxiga, or Jardiance stop at 3 days before your procedure</u>
2 DAYS BEFORE PROCEDURE	<p>Start a low fiber diet. (No whole grain, raw vegetables, fruit, nuts, popcorn, or seeds of any kind, etc.)</p> <p><u>Take two doses of Miralax powder laxative (1 oz total) around 4:00PM</u></p> <ul style="list-style-type: none"> - Stir and dissolve in 8-12 oz of water or clear beverage - Individual responses to laxatives vary. Remain close to toilet, as multiple bowel movements will occur.
DAY BEFORE PROCEDURE	<p>CLEAR LIQUID DIET ALL DAY (liquids you can 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)</p> <p><u>NO DAIRY PRODUCTS, OR ANYTHING THAT IS RED OR PURPLE IN COLOR</u></p> <ul style="list-style-type: none"> • 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. • Insulin dependent diabetics should take ½ the usual dose of Insulin the day before your procedure and ½ the usual dose on the day of your procedure. Continue to monitor blood sugar throughout your prep process.
EVENING BEFORE	<p>AT 5PM START YOUR LAXATIVE PREPARATION</p> <ul style="list-style-type: none"> • Mix PLENVU Dose1 into the container provided up to the fill line (16 oz) with water, stir and drink within 30 minutes. Drink another 16oz of water within 30 minutes of finishing the first mixed container of PLENVU. • Continue your clear liquid diet until bedtime. NO SOLID FOOD!
THE MORNING OF YOUR PROCEDURE	<ul style="list-style-type: none"> • DO NOT chew any gum, suck on hard candies, mints, or use chewing tobacco. • At ____ (5 hours prior to your exam). Mix Dose 2, pour A and B of PLENVU together with water in the container up to the 16oz fill line, stir, and drink within 30 minutes. Drink another 16oz of water within 30 minutes after finishing the 2nd dose of PLENVU. • Take any heart, blood pressure, seizure, or other necessary medications 4 hours before procedure (with water is okay). • STOP DRINKING WATER 4 HOURS BEFORE YOUR PROCEDURE. • Please wear sensible shoes (no heels) and comfortable clothing, bring a pair of warm socks. • Please bring a list of medications with you. • Please come prepared to pay your outpatient procedure co-pay. Check with your insurance for your required amount.