

PM Bowel Preparation with PLENVU

- **You must be accompanied by a friend or relative to drive and assist you home. We WILL NOT discharge you to a cab, bus, uber or other transportation service without a responsible party with you. You may not drive until the day after your procedure.**

Special Instructions Regarding Medications

- If you are on an **anticoagulant/blood thinner** our nurse will contact you with instructions after contacting your prescribing physician. If you have not heard from the nurse 1 week prior to your procedure please contact our office.
- **Do Not take Iron supplements for one week prior** to the procedure date. Multivitamins are OK.
- **Diabetic patients:** _____
- **Do Not take Water Pill/Diuretic** (Lasix (furosemide), HCTZ (Hydrochlorothiazide), Dyazide, Diovan HCT, Spironolactone), **on the day of the procedure**
- **Heart/Blood Pressure/Thyroid/Seizure/Anxiety Medications can be taken on the day of the procedure** with a sip of water.
- **Stop Effexor one day before** the procedure (if applicable)
- **Asthmatic patients** should bring their **INHALERS** with them on the day of the procedure

THE DAY BEFORE YOUR PROCEDURE

IMPORTANT NOTE: follow the instructions below, NOT the instructions on the prep's packaging

- **You MAY Eat a light breakfast until 11:00 am**
(ex: scrambled eggs, plain white toast, orange juice. **NO** whole grains, cereals, oatmeal, etc.)
- **YOU MAY NOT HAVE ANY SOLID FOOD AFATER 11:00 am ONLY CLEAR LIQUIDS**
- Take all of your normal prescription medications, **unless advised otherwise.**
- **At 6 pm** - yes no Take 2 Dulcolax (Bisacodyl) Laxative tablets with water **2** hours before first dose of prep
- **At 8 pm** – Empty Dose Packet 1 into provided mixing container, fill to line with water (16 oz) place lid back on container and mix until completely dissolved (2-3 min). Drink entire contents of mixing container over 30 minutes.
- Rinse mixing container and refill to the line with clear liquids and drink entire contents over 30 minutes.
Rinse and keep container for second dose.

DAY OF YOUR PROCEDURE

- **At 6 am -**
- Dose 2: Empty Pouch A and Pouch B into mixing container, fill to line with water (16 oz) place lid back on Container and mix until completely dissolved (2-3 min). Drink entire contents of mixing container over 30 minutes.
Do not Rush to drink container, it may cause bloating.
- Rinse mixing container and refill to the line with clear liquids and drink entire contents over 30 minutes.
- Prep **MUST** be completed 4 hours prior to your arrival time

NOTHING BY MOUTH 4 HOURS BEFORE YOUR ARRIVAL TIME

General or reschedule questions call 610-431-3122