



Allegheny Regional Endoscopy  
810 Valley View Blvd.  
Altoona, PA 16602  
Front desk: 814-946-5469 Fax: 814-946-4970

***Your colonoscopy is scheduled on:***

**Plenvu Prep Instructions**

- Avoid iron supplements for 5 days prior to your procedure.
- Avoid eating whole-grain bread/cereals with nuts/seeds and corn for 5 days prior to your procedure.

***Stage 1***

- Consume *clear liquids only* (see list below) the day before your procedure
- At 3:00pm the day before your procedure, take 2 Dulcolax tablets (5mg each)
- At 5:00pm the day before your procedure, pour dose pouch #1 of prep into the mixing container. *Using water*, continue to fill the container to the "fill line" (16 ounces). Drink the entire 16 ounces of prep and water within 30 minutes. Once this is complete, drink 1 additional 16-ounce bottle of water over the next 1 hour.
- Once Stage 1 is complete, continue to consume *clear liquids* until it is time for stage 2 of the prep.

***Stage 2***

- *6 hours before your scheduled procedure time*, pour dose pouch(es) #2 of prep into mixing container.
- Repeat the same steps as in Stage 1 but *be sure to complete this entire stage within 1 hour*.
- Once both stages of the prep are complete, you may continue to consume *clear liquids until 2 hours before your scheduled procedure time*.

***Notes***

- It may take a few hours for the prep to start working.
- It is normal to feel very full or bloated during your prep. *If you experience nausea and/or vomiting, wait 30 minutes before resuming prep/liquids. If vomiting does not disappear once you begin to move your bowels, please call us immediately for further instructions.*

**ACCEPTABLE CLEAR LIQUIDS**

Water	Gatorade	Jell-O	Kool-Aid	Broth	Popsicles
Lemonade	Apple juice	White grape juice	White cranberry juice	Soda (all)	
Black coffee (no added cream or sugar)	Iced tea	Hot tea (no added sugar, honey)			

**\*Do not consume any liquids which are red or purple in color\***

## Colonoscopy and Anesthesia

It is especially important that you read this information in its entirety and call to speak with us if you are unsure of any instructions. **Failure to comply with the below guidelines could result in the delay and/or cancellation of your procedures without question.**

- **YOU MUST** have a driver to sign you out of recovery after anesthesia. **You cannot use UBER, LYFT, Healthride or MediVan unless a responsible party is riding beside you.**
- **You may have CLEAR LIQUIDS up to 2 hours before your designated arrival time at our facility and no later.**
  - Please refer to the prep instructions on the front of this sheet. **DO NOT follow pharmacy instructions.**
- **No alcoholic beverages are permitted during colon prep OR after midnight on the night before procedures.**

### **CHEWING TOBACCO PRODUCTS (INCLUDING ALL POUCHES), SMOKING, VAPING AND INHALATION OF MARIJUANA**

(medical and recreational) **ARE PROHIBITED** after midnight, on the night before your procedures. You should also avoid hard candy and chewing gum after midnight.

- **All oral piercings** must be removed before all procedures as well as any other jewelry. **NO EXCEPTIONS!**
- **All stimulators** (bladder, spinal etc.) should be turned “off” or placed in “surgery mode” if you are having a colonoscopy.
- Please refer to the personalized medication instructions provided to you. **It is especially important to take medications for blood pressure and heart function the day of your procedures.**
- **If you experience any of the following between now and the day of your procedure, please notify us immediately:**
  - 1. A change in health status**
  - 2. an ER visit/hospital admission**
  - 3. Testing or office visit for your heart, lungs, brain**

Please call 814-946-5469 Option 7 to report these changes, or if you have any additional questions pertaining to your procedure.

**!! PLEASE SEE THE CHART BELOW FOR A LIST OF MEDICATIONS THAT REQUIRE A MANDATORY HOLD PRIOR TO PROCEDURES (see next page)!!**

**HOLD MEDICATION DAY OF PROCEDURE:**

Carafate (Sulcrafate)

**HOLD MEDICATIONS FOR 1 DAY PRIOR TO PROCEDURE:**

Byetta (Exenatide)  
Soliqua (Lixisenatide + Insulin)  
Victoza/Saxenda (Liraglutide)

**HOLD MEDICATIONS FOR 3 DAYS PRIOR TO PROCEDURE:**

Brenzavvy (Bexagliflozin)  
Farxiga (Depagliflozin)  
Glyxambi (Empagliflozin/Linagliptin)  
Inpefa (Sotagliflozin)  
Invokana (Canagliflozin)  
Invokamet (Canagliflozin/Metformin)  
Invokamet XR (Canagliflozin/Metformin XR)  
Jardiance (Empagliflozin)  
Qtern (Dapagliflozin/Saxagliptin)  
Qternmet XR (Dapagliflozin/Saxagliptin/Metformin XR)  
Synjardy (Empagliflozin/Metformin)  
Synjardy XR (Empagliflozin/Metformin XR)  
Steglatro (Ertugliflozin)  
Steglujan (Ertugliflozin/Sitagliptin)  
Segluromet (Ertugliflozin/Metformin)  
Tijardy XR (Empagliflozin/Linagliptin/Metformin XR)  
Xigduo (Dapagliflozin/Metformin)  
Xigduo XR (Dapagliflozin/Metformin XR)

**HOLD MEDICATIONS FOR 7 DAYS PRIOR TO PROCEDURE:**

Adipex-P/Lomaira (Phentermine)  
Adlyxin (Lixisenatide)  
Bydureon (Exenatide)  
Mounjaro/Zepbound (Tirzepatide)  
Ozempic (Semaglutide)  
Qysmia (Phentermine and Topiramate)  
Rybelsus  
Trulicity (Dulaglutide)  
Wegovy