

## **DIGESTIVE MEDICINE ASSOCIATES, LLP**

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### **PLENVU INSTRUCTIONS FOR COLONOSCOPY**

#### **FIVE (5) DAYS PRIOR TO THE PROCEDURE:**

- If you take medication for Pain & Arthritis, for example: Advil, Motrin, Naproxen, or any other medication containing Aspirin or Anticoagulants such as: Coumadin, Pradaxa or Plavix, **STOP TAKING** them five (5) days prior to your procedure.

#### **DAY BEFORE PROCEDURE:**

**Clear liquid diet ALL** day for breakfast, lunch and dinner. Clear liquids include Apple/Grape Juice, Sprite, Gatorade, Chicken Broth, Jello (no red coloring) & Tea. **NO SOLID FOOD!!**

1. Between 5:00 P.M. and 7:00 P.M. MIX the first dose (DOSE 1) of Plenvu with 16 ounces of water.
2. Then drink at least (16 oz) of any clear liquid.
3. **Finish ALL** the drinking over 1 hour. It should be done by 8pm.
4. Hydration is important. Make sure to drink liquids before, during, and after the preparation.

#### **ON THE MORNING OF THE PROCEDURE:**

3 hours before procedure mix Dose 2(both packets) with 16 oz of water. Follow this with at least 16 oz of clear liquids. Stop drinking ANY liquids 2 hours before your procedure.

- Do **NOT** take medication for Diabetes the night before or morning of the procedure.
- If you are on Antihypertensive / Blood Pressure medication, you **SHOULD** continue to take them as usual with a sip of water.