
PLENVU® BOWEL PREP INSTRUCTION

*** Do NOT follow the instructions in the PLENVU BOX ***

IMPORTANT: For your safety, YOUR PROCEDURE WILL BE CANCELLED if these instructions are not followed. Please watch the instruction video [LINK](#) and read these instructions carefully at least 14 days before your colonoscopy so you are well prepared.

Please pick up your prescription bowel prep from your pharmacy, and purchase OTCs Dulcolax® 5mg tablets (not suppository), Gas-X® (simethicone) chewable 125 mg tablets.

If your insurance does not cover the bowel prep kit your provider prescribed, don't hesitate to contact us or use MiraLAX® Prep (follow the detailed instructions on our website).

Medication adjustment.

- ❖ You will continue your blood pressure, heart medications, inhalers, and aspirin.
- ❖ If you take INJECTABLE GLP-1 agonist medications such as Ozempic®, Mounjaro®, Wegovy®, Zepbound®, etc., you must stop 7 days prior to the procedure; if you take ORAL GLP-1 agonist medications daily, please stop 1 day prior.
- ❖ If you take diabetes medication:
 - Take oral medication as prescribed.
 - **Insulin:** Please take ½ the baseline insulin dose the night before and in the morning of your procedure. Monitor your blood sugar in the morning of your exam and contact your PCP for further questions.
- ❖ If you take blood thinners, such as Rivaroxaban (Xarelto®), Apixaban (Eliquis®), Warfarin (Coumadin®), Clopidogrel (Plavix®), or other similar medicines, please contact your prescribing provider for instructions on when to stop them.
- ❖ If you take iron pills, stop 5 days before.

Follow a special diet before the colonoscopy.

Three (3) days before your colonoscopy, eat a low-residue diet. Stop fiber supplements such as Metamucil®, Citrucel®.

You will not be able to eat solid food the entire day before your colonoscopy. If you were instructed to follow a two-day prep, you cannot eat any solid foods for two days prior. You will limit your diet to clear liquids only. Examples of **clear liquids** include water, sports drinks, tea, broth, Jello®, clear fruit juices *without* pulp, and black coffee. Avoid any items that are red and purple in color, as well as any milk/milk products.

Take a bowel prep.

Before a colonoscopy, you will need to clean out your colon by following these bowel preparation instructions, and **disregard those on the prep kit box**. The laxative in your bowel preparation will cause you to have diarrhea. You should plan to be near a bathroom while taking your prep. It may take three to four (3-4) hours to produce a bowel movement. If you feel nauseated, stop drinking for at least 45-60 minutes. Once the feeling has subsided, resume drinking.

Bring a medication list.

Complete the medication list (names, dosage, frequency, and last date taken) from your prep packet and bring it with you. If you take heart, blood pressure, or seizure medication routinely, you may take the medication up to two (2) hours before arrival time with a small amount of water.

For women of reproductive age, a pregnancy test is required before the procedure. You will need to provide a urine sample after checking in.

Plan for your recovery.

You will receive anesthesia/sedation for this exam. You will not be allowed to drive or go back to work until the day after the procedure. You are not allowed to take a taxi, non-medical ride service, rideshare (Uber®), or leave the center alone.

YOU MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT WHO WILL STAY AND TRANSPORT YOU HOME FROM THE FACILITY. IF THEY ARE NOT ON SITE, YOUR PROCEDURE WILL BE CANCELLED.

Please bring your insurance card(s), photo ID, and completed paperwork from your prep packet with you the day of your procedure. Please remove all jewelry, including earrings and facial/oral piercings, and leave all valuables at home.

If you must cancel this appointment, please give a 72-hour notice.

Contact Harford Endoscopy Center during business hours if you have questions about your appointment or these instructions. You can reach us through our Klara text messaging at 443-785-5508 or call

410-838-6345

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7 Days Before Colonoscopy

Make sure that you have picked up your bowel prep kit, including Dulcolax® and Gas-X®

5 Days Before Colonoscopy

Make sure to stop any iron pills.

3 Days Before Colonoscopy

Start a low-residue diet, avoid nuts, seeds, or corn
Stop fiber supplements such as Metamucil® or Citrucel®.

Day Before Colonoscopy

Start a clear liquid diet from the moment you wake up.

NO SOLID FOODS

Please follow the diet instructions on the previous page.

STAY HYDRATED

Drink a minimum of 12 ounces (a glass) of fluids every hour to help hydrate and clean your colon, in addition to what you drink with your bowel prep medication.

12 PM: Take two (2) tablets of Dulcolax® (repeat if no bowel movement by 5 PM)

6 PM: Take the first dose of PENVU

Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of cold water until it's completely dissolved.

Drink the entire contents slowly, take at least 30 minutes to drink, and a straw may help.

This may take up to 2 to 3 minutes.

Day of Colonoscopy

Continue a clear liquid diet, **NO SOLID FOODS**

4 hrs before arrival time: Take the second dose of PENVU

(for procedure scheduled after 12pm, you start drinking at 6am)

Use the mixing container to mix the contents of Dose 2 pouch with at least 16 ounces of cold water until it's completely dissolved.

Drink the diluted solution followed by at least 16 oz. containers of water over the next hour.

This may take up to 2 to 3 minutes.

During this process, **chew two (2) chewable 125 mg tablets of Gas-X® (simethicone).**

2 hrs before arrival time: STOP drinking completely.

Take your regular medications (including blood pressure medicine) except those that are instructed to be held, with a small sip of water.

NOTHING BY MOUTH FROM NOW ON INCLUDING WATER, GUM, MINTS OR TOBACCO PRODUCTS.