

## YOUR COLONOSCOPY IS SCHEDULED FOR:

Date of Procedure: \_\_\_\_\_

Gastro Health Physician: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Facility/address: \_\_\_\_\_

Phone: \_\_\_\_\_

Registration Assistant: \_\_\_\_\_

**Appointments missed or canceled with less than 72 hours' notice may result in a fee in accordance with applicable office policies.**

### **DAY BEFORE-CLEAR LIQUID PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH PLENUVU**

PLEASE REVIEW THE INSTRUCTIONS **AT LEAST 3 DAYS PRIOR** TO THE PROCEDURE USE THESE PREPARATION INSTRUCTIONS **AND NOT** THOSE INCLUDED WITH THE PLENUVU BOX.

**It is important that you follow these directions carefully and complete the entire preparation to ensure the most effective cleansing.**

- If you are taking any blood thinners and/or insulin **AND** this was **NOT** discussed with your doctor at the time of scheduling the procedure, please call us **BEFORE** starting the preparation. These include, but are not limited to *Aspirin, Coumadin-(Warfarin), Plavix-(Clopidogrel), Xarelto-(Rivaroxaban), Pradaxa-(Dabigatran), Eliquis-(Apixaban), Arixtra-(Fondaparinux), Effient-(Prasugrel), Aggrenox-(Aspirin/Dipyridamole), and all NSAIDs (Ibuprofen, Motrin, Aleve, Naproxen, Celebrex, Mobic).*
- If you are taking a GLP-1 medication **AND** this was **NOT** discussed with your doctor at the time of scheduling the procedure, please call us **BEFORE** your procedure.
- If you are taking any of the following GLP-1 medications, please discontinue 1 week prior to your colonoscopy: *Dulaglutide (Trulicity), Exenatide extended release (Bydureon bcise), Mounjaro (tirzepatide), Semaglutide (Ozempic), Semaglutide (Rybelsus), Wegovy.*
- If you are taking any of the following GLP-1 medications, please discontinue 1 day prior to your colonoscopy: *Exenatide (Byetta), Liraglutide (Victoza, Saxenda), Lixisenatide (Adlyxin).*
- **YOU MUST CONTINUE TO TAKE ALL** your other medications every day prior to the colonoscopy **AND** take them with a small sip of water on the day of your colonoscopy.
- **IF YOU ARE DIABETIC, DO NOT** take your diabetic pills the evening prior or day of the colonoscopy.
- Please plan to have someone drive you home after the procedure. You will not be allowed to drive yourself home.
- You cannot take an Uber, Lyft, taxi, or public transportation home from your procedure without an adult companion.

## DAY BEFORE PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH PLENVU



### 3 DAYS BEFORE THE PROCEDURE

STOP eating fruits and vegetables including beans, corn and seeds.

### THE DAY PRIOR TO THE PROCEDURE

You may not have any solid food. If desired you may have a liquid yogurt only for breakfast before 10 AM, no later. After 10 am you may have only clear liquids. For example: water, coffee, tea, broth, sodas, apple juice, Gatorade, Kool-aid, Jell-O, popsicles, and hard candy.

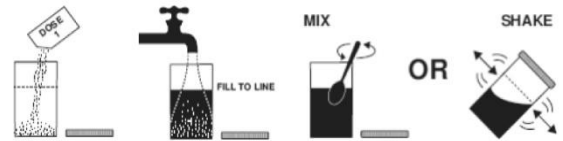
**DO NOT DRINK MILK. DO NOT DRINK LIQUIDS THAT ARE RED OR PURPLE IN COLOR.**

### BEGIN YOUR PLENVU

#### STEP 1:

For best results mix ahead and refrigerate the solution prior to drinking.

- Empty **Dose 1** into the mixing container that comes with your PLENVU.
- Add lukewarm water (16 oz) to the top line of the container and mix or shake to completely dissolve.



#### STEP 2:

Starting between 5 and 7 PM, begin drinking Dose 1. Finish the entire contents within 30 minutes.

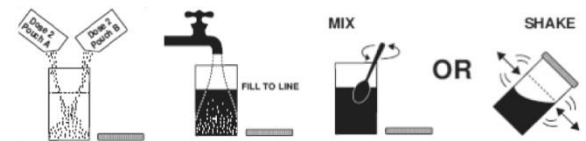
#### STEP 3:

- Rinse the mixing container with water. Refill to the fill line (16 oz) with any clear liquid of your choice.
- Drink the entire contents of the mixing container over the next 30 minutes.
- Continue drinking additional clear liquids. **(At least 16 ounces)**

### THE DAY OF THE PROCEDURE

#### STEP 4:

Follow same directions as Step 1 using **Dose 2** pouches A and B.



#### STEP 5:

Starting at \_\_\_\_\_ **(4 hours before the arrival time)** begin drinking Dose 2. Finish the entire contents within 30 minutes.

#### STEP 6:

- Rinse the mixing container with water. Refill to the fill line (16 oz) with any clear liquid of your choice.
- Drink the entire contents of the mixing container over the next 30 minutes.
- Continue drinking additional clear liquids. **(At least 16 ounces).**

**YOU MUST COMPLETE STEP 6 AND STOP ALL LIQUIDS BY \_\_\_\_\_ (At least 2 hours before your Arrival Time)**

Please call us if you have any questions or if you are having difficulty with the preparation.