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MORNING PLENVU COLON PREP

*Please read this at least 1 week prior to your procedure. Sign up for a co-pay assistance card online at www.myPLENVU.com. You can also sign up for "It's Go Time" text message reminders by texting PLENVU to 84883 to register. You may find more information at our website www.mygidocctors.com under the heading "Your Procedure."

2 DAYS BEFORE PROCEDURE:

No roughage (no uncooked vegetables, salads, seeds, nuts, corn, popcorn, skin of fruit).

DAY BEFORE PROCEDURE:

Diet: You may have light breakfast (i.e. scrambled eggs, white toast). Diet for the rest of the day is restricted to clear liquids. Drink at least eight 8 oz. glasses, preferably more:

Broth or bouillon (chicken, vegetable, or beef)

Apple or white grape juice, orange juice (no pulp), ginger ale, 7-up, sodas

Light coffee (no cream), tea, water, lemonade, Gatorade, Jell-O (not red), popsicles

No Cranberry juice. Nothing red or dark in color. No milk products. No alcohol.

Prep: Drink the first dose of Plenvu at **5 p.m** (mango flavor). Mix Dose 1 pouch with 16-ounces of water in mixing container and stir until completely dissolved. Use within 6 hours if prepared and refrigerated in advance. Drink the entire contents slowly over 30 minutes. Then refill the container with 16-ounces of water and drink within 30 minutes. You may drink clear liquids until midnight.

**Temporary nausea, headache, bloating, or abdominal cramping sometimes occur. If necessary wait 15-30 minutes until these symptoms pass before drinking more liquids. Bowel movements generally start within an hour and may continue for 3 or 4 hours. Consider using petroleum jelly, A & D ointment, or Desitin around anus after each bowel movement to minimize irritation. It is important to drink enough to avoid dehydration. If vomiting occurs or you have no bowel movements, please contact us for further instructions.*

DAY OF EXAM:

Drink the second dose of Plenvu the same way **at least 3 hours before your colonoscopy** (fruit punch flavor). Mix Dose 2 pouches A & B with 16-ounces of water until dissolved and drink the entire contents slowly over 30 minutes. Then refill the container with 16-ounces of water and drink within 30 minutes. Be sure to finish at least 2 hours before your appointment time. Remember to take **NOTHING BY MOUTH FOR 2 HOURS BEFORE YOUR PROCEDURE.**

***Do not take ibuprofen, Advil, Aleve, Motrin (NSAIDs) for at least 3 days prior to procedure.**

***Please stop Plavix, Coumadin, or any other blood thinners as instructed by your physician.**

***Do not take any medications on the day of your procedure unless otherwise instructed by your physician.**

***IF YOU HAVE ANY QUESTIONS OR PROBLEMS, YOU MAY CALL THE PLENVU HOTLINE AT 1-855-MY-PLENVU, OR CALL THE OFFICE AT 650-342-7432 TO SPEAK WITH THE DOCTOR ON-CALL.**

***IF YOU MUST CANCEL YOUR PROCEDURE, PLEASE NOTIFY OUR OFFICE AT LEAST 3 BUSINESS DAYS IN ADVANCE SO THAT WE MAY GIVE THAT SPACE TO ANOTHER PATIENT. We appreciate it! There is a \$100 charge for late cancellation.**