



Plenvu Colonoscopy Instructions same day regimen
**** DO NOT FOLLOW INSTRUCTIONS ON THE BOX****

Your procedure is scheduled on ___/___/____. Please arrive at _____ **AM / PM.**

******HOLD any blood thinners (_____), ____ days prior to the procedure.**

****Do not stop your blood thinner without consent from prescribing physician****

DAY BEFORE THE PROCEDURE:

1. Start **ONLY** clear liquid diet the entire day (breakfast, lunch and dinner) Ex. broth or bouillon. Jell-O (No Red,Pink, Blue, Purple), coffee black or with sugar (No dairy or non dairy creamers), tea, lemonade, fruit juices without pulp, white grape juice/apple, clear soda (Sprite, 7-up, ginger ale), Gatorade, PowerAde, popsicles (No Red,Pink, Blue, Purple).
2. Daily medications can be continued unless otherwise specified.
3. At **4 PM** mix Dose 1 pouch with 16 ounces of water in mixing container. Shake up solution until dissolved. Drink dose.
4. You **MUST** drink 1 more 16-ounce containers of water over the next 30min.
5. At **9 PM** mix Dose 2 (pouch A/B) with 16 ounces of water in mixing container. Shake up solution until dissolved. Drink dose.
6. Continue drinking clear liquids, at least another liter, during the course of the evening.

DAY OF PROCEDURE:

1. You may brush your teeth.
2. You need a driver and your driver must stay at the facility. Public transportation and taxis are **NOT** allowed.
3. **Diabetic medications:** Please contact the prescribing doctors for any medication adjustments.
4. Take **blood pressure meds, anti-anxiety meds, anti-psychotic meds, pain meds, heart meds, anti-seizure meds and anti-convulsant meds** with a sip of water unless otherwise specified.
5. Please bring with you:
 - Photo ID and Insurance card(s)
 - Completed Medication List – Medications **MUST** be written out. NO pre-printed, copied or lists from previous visits will be accepted.
 - Patient's Bill of Rights Form
 - Reading glasses, if applicable

Nothing by mouth 4 hours prior to your procedure. Nothing to drink, smoke or chew or your procedure may be cancelled.

Please contact the office at 407-830-8661, with any questions. Or you may email us info@ddcOrlando.com