



**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](mailto:info@ddcOrlando.com)