



Extensive: Plenvu & Miralax Colonoscopy Preparation Instructions

APPOINTMENT DATE: _____

ARRIVAL TIME: _____

Items to Purchase

- Plenvu (prescription)
- One 238 gram bottle of Miralax powder
- Your choice of one of the following drink solutions:
 - Physician preferred option: One 1-liter bottle of pre-mixed Hydralyte (orange or lemonade flavored) or Hydralyte powdered drink mix with 32 ounces of water (orange or lemonade flavored) (view hydralyte.com/where-to-buy for retailers)
 - Option 2: 32 ounces of pre-mixed Gatorade (NO red) or Gatorade powdered drink mix with 32 ounces of water (NO red)
 - Option 3: Crystal Light powdered drink mix with 32 ounces of water (NO red)

Reminders

- Plenvu requires a prescription (included in this packet.) Take it to your pharmacy in advance, as some insurances require pre-authorization.
- **Transportation:** Due to the sedation you will receive, someone at least 18 years of age MUST bring you to your appointment, remain in the waiting area during the entire time of your procedure, and drive you home afterwards. A taxi or bus is NOT an acceptable form of transportation. **Failure to arrange proper transportation may result in your procedure being rescheduled.**
- Please follow these instructions carefully, as **improper preparation may result in your procedure being rescheduled.**
- Contact our office at **(336) 448-2427 (option 6, then option 2)** if you have questions about your prep or if there are any changes in your medical history between the day of scheduling and the appointment date.
- We require a notice of 2 business days if there is a need for change or cancellation of your procedure.
- Please leave all jewelry and valuables at home, as we do not provide a secure area for these items.

Medications

- Take any necessary medications at least **4 hours prior** to your arrival time.
- **Diabetes:** Contact the prescribing physician regarding instructions for injectable diabetic medication the day before and the day of the procedure. **DO NOT TAKE oral** diabetic medication the day of the procedure.
- **Blood Pressure:** **DO NOT SKIP** any doses of your blood pressure medication.
- **Iron:** STOP taking iron 5 days before your procedure.
- **Inhalers and Nebulizers:** May be used up to the time of your procedure.
- **Blood Thinners:** Please contact the prescribing physician to make sure it is okay to stop these medications for the recommended number of days prior to your procedure. If you are on a blood thinner that is not listed below, please contact the prescribing physician for instructions. You may remain on aspirin unless otherwise instructed.

Xarelto	24-48 hours	Pletal / Persantine	2 days	Aggrenox / Plavix	5 - 7 days
Eliquis	48 hours	Brilinta / Coumadin / Jantoven	5 days	Effient	7 days

5 Days Before Procedure

- ✓ Begin taking 17 grams of Miralax twice (2x) daily. (17 grams = a capful)

4 Days Before Procedure

- ✓ Continue taking 17 grams of Miralax twice (2x) daily. (17 grams = a capful)

3 Days Before Procedure

- ✓ **Begin a low residue diet, avoiding high-fiber foods such as whole grains, nuts, seeds, raw or dried vegetables and fruits, etc.**
- ✓ Continue taking 17 grams of Miralax twice (2x) daily. (17 grams = a capful)

2 Days Before Procedure

- ✓ **5:00pm:** Mix the remaining Miralax into the 32 ounces/1 liter of drink solution and drink the full amount.

Day Before Procedure

- ✓ **Begin a clear liquid diet. DO NOT consume anything red in color OR dairy products.**
Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc.
- ✓ **4:00pm:** Mix Dose 1 of Plenvu: Using the mixing container, empty the contents of the Dose 1 pouch into at least 16 ounces of water and mix by shaking or stirring until the solution is completely dissolved. This may take a few minutes.
- ✓ Drink the 16 ounces of Plenvu solution over 30 minutes by drinking 1 glassful every 10 to 15 minutes.
- ✓ Following the Plenvu Dose 1, drink an additional 16 ounces of clear fluid over 30 minutes.
- ✓ If nausea, severe bloating, distention, or abdominal pain occurs, stop the prep and resume when symptoms resolve.

Day of Procedure

- ✓ Continue a clear liquid diet.
- ✓ **6 hours prior to arrival time:** Mix Dose 2 of Plenvu: Using the mixing container, empty the contents of Dose 2 (Pouch A & Pouch B) into at least 16 ounces of water and mix by shaking or stirring until the solution is completely dissolved. This may take a few minutes.
- ✓ Drink the 16 ounces of Plenvu solution over 30 minutes by drinking 1 glassful every 10 to 15 minutes.
- ✓ Following the Plenvu Dose 2, drink an additional 16 ounces of clear fluid over 30 minutes.
- ✓ **4 hours prior to arrival time:** Take any necessary medications. You should be finished drinking the Plenvu solution.

ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME! (This includes water.)