

## **PLENVU PREP (procedure 9:30 AM and earlier)**

### **General Guidelines:**

- If PLENVU is not covered by your insurance, please use a coupon at <https://www.mylenvu.com/resources/>
- If you have a **defibrillator**, are on **dialysis**, or are **significantly overweight (BMI>50)**, you must schedule your procedure at a hospital (not an outpatient endoscopy center).
- If you take certain diabetes or weight loss medicines including Ozempic, Rybelsus, Wegovy, Mounjaro, Adlyxin, Trulicity, Victoza, Saxenda, Byetta, or Bydureon, you must stop your medicine at **least 1 week prior** to your colonoscopy.
- For 5 days prior to your colonoscopy, avoid fiber supplements, seeds, nuts, skins of fruits, vegetables, whole grain bars and bread.
- Iron, vitamin E, and NSAIDs (e.g. ibuprofen, naproxen, and diclofenac) should be stopped 3 days prior to your colonoscopy. Tylenol, aspirin, and multivitamins are permitted.
- If you take blood thinners or anti-platelet agents such as Coumadin, Eliquis, Xarelto, Pradaxa, Plavix, Effient or Brilinta, you must contact your **cardiologist/internist** to find out when to stop your medication.
- No marijuana 12 hours prior to the procedure.
- Due to the sedation for your procedure, you **must** be accompanied by a driver. No driving is permitted until the following day.

### **FOLLOW THESE INSTRUCTIONS (please disregard the manufacturer's instructions):**

#### **The day before the colonoscopy—all day:**

Follow a **clear liquid diet**. Do not eat any solid food (including breakfast). Please see examples on the back of this sheet. Drink as much fluid as you can throughout the day.

#### **The day before the colonoscopy, at 5 PM:**

1. Take 2 extra strength Gas-X (simethicone) 125mg soft gels or tablets).
2. Open the "Dose 1" packet and pour the powder into the provided mixing container. Fill the container with 16oz of water and mix until completely dissolved. Drink the entire solution within 30 minutes.
3. Fill the container with another 16oz of water and drink within 60 minutes. If you become uncomfortable, consume the solution/water at a slower pace and keep walking around to promote intestinal motility.

#### **The day before your colonoscopy, at 10PM:**

Take the second preparation dose:

1. Take 2 extra strength Gas-X (simethicone) 125mg soft gels or tablets).
2. Open the "Dose 2" (A and B) packets and pour the powders into the provided mixing container. Fill the container with 16oz of water and mix until completely dissolved. Drink the entire solution within 30 minutes.
3. Fill the container with another 16oz of water and drink within 60 minutes.
4. Optional: If you do not feel clear after completing the prescribed prep, take 3 capfuls of Miralax in 8 oz of water. You may repeat this until the stool is clear. Do not take any additional Miralax within 3 hours of your procedure.

Do not drink any liquids (including Miralax) within 3 hours of your procedure or it may be cancelled.

Name: \_\_\_\_\_ Procedure Date: \_\_\_\_\_

REGISTER AT: \_\_\_\_\_ AM. PM. PROCEDURE AT: \_\_\_\_\_ AM. PM.

REPORT TO:

\_\_\_\_ Florham Park Endoscopy Center, 195 Columbia Turnpike, Florham Park, NJ. 973-410-1800

\_\_\_\_ Hanover Endoscopy Center of Northern NJ. 91 South Jefferson Rd, Suite 300 Whippany, NJ. 973-929-6800.

\_\_\_\_ Cooperman Barnabas Medical Center, Cooperman Family Pavilion, Main Entrance, 94 Old Short Hills Rd, Livingston, NJ 07039. 973-322-5062