



# Hampton Roads Gastroenterology

303 Butler Farm Road Suite 103, Hampton VA 23666

Tel: (757) 826-3434 Fax: (757) 826-9028

## Plenvu Bowel Prep for Colonoscopy

**Please read all prep instructions, as well as the Procedure Instructions also provided.**

- Obtain your prep kit from the pharmacy as soon as possible.
- If you have any problems with your prep, please call the office at 826-3434.
- **DO NOT FOLLOW THE INSTRUCTIONS PROVIDED BY THE PACKAGE INSERT; FOLLOW THESE INSTRUCTIONS FOR YOUR PREP.** Thank you!

For the 3 days prior to your procedure: Avoid greens, vegetables, leafy foods, corn, seeds, & fruits with seeds

### On the day before your procedure

1. You may only have CLEAR LIQUIDS. Try to drink something every hour that you are awake.  
**You may have:** apple juice, white grape juice, Jell-O (ONLY green or yellow), popsicles (ONLY green or yellow), 7-UP, Sprite, Ginger Ale, weak tea, CLEAR broths (with no food in it), and bouillon cubes.  
**You MAY NOT have:** orange juice, coffee, Coke, Pepsi, solid foods, milk, any broths with bits of food or highly seasoned broths, or alcoholic beverages.
2. If you are *extremely* hungry, you may have a cup of blended yogurt (no fiber) or a nutrition drink such as Boost or Ensure before 2 PM.
3. Between 5 and 7 PM, you will begin the Plenvu. Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of clear liquid until completely dissolved. This can be done 24 hours in advance and refrigerated). Drink entire container slowly over the next 30 minutes.
4. Refill the container with at least 16 ounces of clear liquid. Again, drink entire container slowly over the next 30 minutes.

### On the morning of your procedure:

1. Three hours before your scheduled procedure time, but no later than 7 AM, use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of clear liquid until completely dissolved. Drink entire container slowly over the next 30 minutes.
2. Refill the container with at least 16 ounces of clear liquid. Again, drink entire container slowly over the next 30 minutes.
3. **STOP DRINKING ALL LIQUIDS 3 HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME. YOU MAY NOT EAT ANY FOOD ON THE DAY OF YOUR PROCEDURE.**

**You must have a driver for your procedure; you will be sedated and not allowed to drive yourself. You may not take a taxi or bus home from the procedure. If you arrive without a driver, you may be charged a \$150 fee.**



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## Procedure Instructions

**! STOP ALL CLEAR LIQUIDS (including water) 3 HOURS BEFORE YOUR ARRIVAL TIME !**

**For endoscopies: NO FOOD THE DAY OF YOUR PROCEDURE**

**For colonoscopies: NO FOOD THE DAY BEFORE & DAY OF YOUR PROCEDURE**

If you have any questions, please call the office at 757-826-3434.

- The day of your procedure, take medications as usual for blood pressure, asthma, seizures, anxiety, and other cardiac related drugs (i.e. beta blockers, calcium channel blockers). **If your procedure is early in the morning, take your pills with a small sip of water as soon as you get up.**
- Bring any prescribed inhalers with you to your procedure.
- If you are on a blood thinner such as **Coumadin, Warfarin, Eliquis, Plavix, Pradaxa, Xarelto, Effient, or Brilinta**, let your physician know before scheduling and they will determine whether to take it or not.
- If you are diabetic, we recommend that you take ½ of your usual insulin dose the day of your procedure. **Do not take oral medications for diabetes** (Metformin, Glucophage, etc.) **the morning of your procedure.** Please wait until after the procedure. We will check your blood sugar prior to the procedure. Optimal blood sugar for procedure is <250.
- Use of GLP-1 agonists for weight loss (*Ozempic semaglutide, Trulicity dulaglutide, Byetta exenatide, Victoza liraglutide, Bydureon exenatide, Wegovy semaglutide, Mounjaro/Zepbound tirzepatide, Rysbelsus semaglutide, Saxenda liraglutide*) must be stopped 1 week prior to the procedure.
- Use of phentermine must be stopped 3 days prior to the procedure.
- **Do not chew gum or candy the day of your procedure.**
- **DO NOT SMOKE MARIJUANA THE DAY OF YOUR PROCEDURE.**

**You must have a driver for your procedure; you will be sedated and not allowed to drive yourself. You may not take a taxi, bus, or Uber/Lyft home from the procedure.**

**72 hours (3 business days) notice is required for cancellations or you will be charged a fee of \$150. We appreciate your cooperation.**