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PLENVU INSTRUCTIONS

DAY BEFORE PROCEDURE: _____

1. Clear liquid diet all day: Examples – black coffee, tea, apple juice, soft drinks, Gatorade, broth (chicken, beef, or vegetable), Jell-O, popsicles, and hard candy.

****NO SOLID FOODS, NOTHING RED IN COLOR, AND NO MILK OR MILK PRODUCTS!****

2. At 4:00 PM:

1. Empty the contents of Dose 1 into the mixing container that comes with PLENVU.
2. Add water to the Fill Line on container (this will be 16oz) and mix until contents are dissolved.
3. Drink entire contents of the mixing container over the next 30 minutes. Be sure to drink all the solution.
4. Rinse mixing container with water. Refill the fill line with clear liquids (this will be 16oz).
Drink entire contents over the next 30 minutes.

3. At 8:00 PM:

1. Empty contents of Dose 2 (pouch A and pouch B) into mixing container at the same time.
2. Add water to the Fill Line on container (this will be 16oz) and mix until contents are dissolved.
3. Drink entire contents of the mixing container over the next 30 minutes. Be sure to drink all the solution.
4. Rinse mixing container with water. Refill the fill line with clear liquids (this will be 16oz).
Drink entire contents over the next 30 minutes.

4. NOTHING TO EAT OR DRINK AFTER MIDNIGHT!

DAY OF PROCEDURE: _____

1. 1 ½ hour prior to arrival or leaving your house: DO ONE FLEET ENEMA (purchase over the counter).

2. Do not eat or drink anything, not even water. Nothing to eat, drink, smoke, or chew (no water, gum, or candy). You may brush your teeth.

3. Special Instructions for routine medications:

Blood pressure medicine	Take with a sip of water
Heart medicine	Take with a sip of water
Oral Diabetic medicine	Hold morning of the procedure
Blood thinner (Plavix, Eliquis, Brilinta, Xarelto)	Hold the morning of procedures
Aspirin or aspirin products	Hold 5 days before procedure
Iron preparations	Stop 5 days before procedure
Vitamin E	Stop 5 days before procedure
Insulin	Hold morning of the procedure
Coumadin	Talk to your medical provider

****If your prep is changed, please visit www.athensgastro.com click on For Patients. You will see Procedure Preparation in the middle of the page with a list of bowel prep instructions underneath. Please click the instructions that corresponds to the new prep you were given.**

* **If you are a diabetic**, please check your blood sugar prior to coming in for your procedure. If your blood sugar is low and you are having symptoms, drink 2-4 ounces of apple juice (this may delay your procedure).

***Please pick up your prep from the pharmacy at least 3-5 days before your procedure.** If your procedure is on a Monday, pick up from the pharmacy by the Friday before your procedure to avoid problems with receiving your prep due to cost, insurance, pharmacy availability, etc.

REPORT TO: _____

Arrival Time: _____ **Day:** _____ **Date:** _____

Lavonia
St. Mary's Sacred Heart
367 Clear Creek Drive
Suite 2007
Lavonia, GA 30553

Hartwell
Hartwell Family Practice
229 Athens St.
Hartwell, GA 30643

Madison
Morgan Medical Center
1740 Lions Club
Suite 100
Madison, GA 30650

Commerce
Northridge Specialty Clinic
209 Mercer Place
Commerce, GA 30529