



Plenvu Prep Instructions

Your procedure will be performed by Doctor: _____

Date of Procedure: _____ Arrive at: _____ AM/PM

If you have any questions, please call 816-561-2000

Please review all instructions one week before your procedure.

Important Reminder:

YOU MUST BE ON A CLEAR LIQUID DIET ALL DAY THE DAY BEFORE YOUR PROCEDURE. IF YOU HAD BREAKFAST THE DAY BEFORE YOUR COLONOSCOPY, PLEASE CONTACT THE OFFICE TO CANCEL YOUR PROCEDURE AS WE ARE NO LONGER ABLE TO COMPLETE THE COLONOSCOPY DUE TO NOT BEING COMPLETELY CLEANED OUT.

Locations:

St. Luke's GI Diagnostics - 4321 Washington Street, Suite 5700 - Medical Plaza III - KCMO 64111
Briarcliff Surgery Center – 4150 N. Mulberry Dr. Kansas City, MO 64116 – Suite 100
Mid-America Surgery Institute – 5525 W. 119th St., Overland Park, KS 66209 – Suite 100
Menorah Hospital – 5721 W. 119th St., Overland Park, KS 66209 – Check in at entrance C
St. Luke's Hospital - 4323 Wornall Rd., PEET Center - KCMO 64111, Check in on the first floor

We must receive your cancellation request within 72 hours of your procedure date. Cancellation notices that are received less than 72 hours prior to procedure will result in a \$100.00 cancellation fee!

How to Prepare for Your Procedure

3 Days Prior

Begin a Low-Residue Diet

Begin a low-residue diet, and continue until you start your clear liquid diet the day before your procedure.

What is a low-residue diet?

Suggested Foods

These are examples of foods low in fiber and easily digestible.

- Pancakes with butter and syrup
- White bread
- White Rice
- Eggs
- Ripe Bananas, Avocados, Soft Cantaloupe
- Lean Meats (Chicken, Boneless Fish, Pork, Ground Beef)
- Potatoes (no skin) with sour cream and butter
- Smooth Peanut Butter
- Mushrooms, Spinach

Foods to Avoid

The following foods should not be eaten because they are hard to digest.

- Fruits
- Nuts
- Red Meats
- Brown Rice
- Raw Vegetables
- Cheese

The Day Before

The day before your procedure you will be on a clear liquid diet from the minute you wake up.

ABSOLUTELY NO SOLID FOOD!

What you CANNOT do:

- **DO NOT** drink milk.
- **DO NOT** eat or drink anything colored red or purple
- **DO NOT** drink alcoholic beverages.

Any of the following liquids are OK to drink:

- Water
- Strained fruit juices (without pulp) including apple, white grape, or white cranberry.
- Limeade or lemonade
- Coffee or tea - **DO NOT** use any dairy or non-dairy creamer.
- Chicken Broth
- Gelatin desserts without added fruit or topping (**NO RED OR PURPLE**)
- Gatorade or Powerade (**NO RED OR PURPLE**)
- Propel
- Soda (Sprite, Ginger Ale, Coke, Diet Coke, Dr. Pepper)

Start Your Colonoscopy Preparation:

No solid foods until after your procedure. You must be on a CLEAR LIQUID DIET. Drink water throughout the day to avoid dehydration while preparing for your procedure.

How to Prepare for your Procedure

4:00PM the night before your procedure

Step 1

Use the provided mixing container to mix the contents of the Plenvu pouch labeled Dose 1 with at least 16oz of water until its completely dissolved.



Step 2

Slowly drink and finish Dose 1 within 30 minutes.



Step 3

Refill the same container with at least 16oz of clear liquid and finish all of it within 30 minutes.



Step 4

Refill the same container again with at least 16oz of clear liquid and finish all of it within 30 minutes. You should have 32oz total of clear liquids after finishing the laxative

Step 5

Continue to drink clear liquids throughout the night to stay hydrated.



The Morning of Your Procedure

Start 4 hours before your check in time

— Step 1

Use the provided mixing container to mix the contents of the Plenvu pouch labeled Dose 2 (Pouch A and Pouch B) with at least 16oz of water until its completely dissolved.



— Step 2

Slowly drink and finish Dose 2 within 30 minutes.



— Step 3

Refill the same container with at least 16oz of clear liquid and finish all of it within 30 minutes.

— Step 4

Refill the same container again with at least 16oz of clear liquid and finish all of it within 30 minutes. You should have 32oz total of clear liquids after finishing



— Step 5

Continue to drink clear liquids but be sure to stop drinking all liquids TWO hours before your arrival time.



You MUST finish drinking the final glass of water at least **TWO hours before your arrival time.**

You should have nothing by mouth, including water, after completing your prep.

Bowel Prep Frequently Asked Questions

I am not having bowel movements. What should I do?

Bowel movements can take up to 5-6 hours after beginning the prep to start. Be patient, continue to drink liquids. If you had not had a bowel movement by midnight the night prior to your procedure, please take 2 Dulcolax laxative tablets. Complete the rest of your prep as directed. If your bowel movements have not changed to a yellow-clear liquid after completing both portions of your prep, please call our office the morning of your procedure for further instructions.

The prep is making me nauseous. What should I do?

If you develop nausea or vomiting slow down the rate at which you drink the solution. Please attempt to drink all the laxative solution, even if it takes longer.

Is it okay to take a Taxi or Uber?

No. You should ask a trusted person to take you to and from your procedure.

I am taking a Blood Thinner. What should I do?

If you are taking a blood thinner, such as Coumadin, Warfarin, Eliquis, Plavix, Clopidogrel, Pradaxa, etc. Please contact the office (at least 2 weeks before your procedure) at 816-561-2000 to let them know you are on one of these medications. The office will need to get a hold confirmation on blood thinners from your cardiologist. Please do not stop these on your own. We will not be able to perform any procedures if you are currently taking a blood thinner the day of your procedure.

I am taking a weight loss medication. What should I do?

If you are taking a weight loss medication, such as Phentermine, stop taking it 2 weeks prior to your procedure. If you do not hold medication for 2 weeks before the procedure, you will have to cancel and reschedule.

I am diabetic. What should I do?

If you take insulin, please check with the doctor that prescribes this for you about adjusting the dose prior to the procedure. Take **NO** insulin the morning of your procedure. Over the course of your clear liquid diet, frequently check your blood sugar levels. If you have low blood sugar, you can put 1 teaspoon of honey or granulated sugar underneath tongue.

Medications Day of Procedure

1. Please do not take any vitamins or supplements the morning of your procedure.
2. If you take medications for diabetes, please contact your endocrinologist for how to adjust your medications. Do not take insulin morning of the procedure.
3. Medications for blood pressure, heart conditions, and seizures should be taken the morning of your procedure.
4. You may take your acid reflux medication (ex. Omeprazole) if it is normally a morning medication.
5. You may take medications for anxiety and depression as well.

Note: *You may not eat with any medications, if it upsets your stomach to take your medication without food, please hold it until after your procedure is complete*