

Colonoscopy/EGD Prep Instructions

PlenVu Prep Instructions

7 DAYS PRIOR TO YOUR PROCEDURE:

Stop taking iron. Multi-vitamins are ok.

3 DAYS PRIOR TO YOUR PROCEDURE:

Stop eating fruit/vegetables with skin (peel), nuts, seeds, popcorn and corn

1 DAY PRIOR TO YOUR PROCEDURE:

Do not use Marijuana, in any form (including edibles) 24 hours prior to procedure.

Drink at least 8 glasses of water, or any other clear liquid, during the day to avoid dehydration.

All Day - Drink water or clear liquids:

- Examples of clear liquids are Gatorade, Pedialyte, Powerade, clear broth, coffee/tea (without milk or creamer), carbonated soda, Kool-Aid, fruit-flavored drinks, apple juice, Jell-O, popsicles, or honey.
- Examples of non-clear liquids are red or purple liquids, alcohol, milk or non-dairy creamers, noodles or vegetable soup, juice with pulp, or any liquids you cannot see through

6:00PM - Fill water to the "fill line" on the enclosed PlenVu container:

- Add Dose 1 packet to the water and stir until dissolved
- Drink Dose 1 over the course of 30 minutes
- Follow with at least two 8oz. glasses of clear liquids over the next 30 minutes

Continue to drink clear liquids throughout the evening until bed time.

DAY OF YOUR PROCEDURE:

4.5 hours prior to your scheduled procedure time.

- Fill water to the "fill line" on the enclosed PlenVu container.
- Add Dose 2 packets A and B to the water and stir until dissolved
- Drink Dose 2 over the course of 30 minutes
- Follow with at least two 8oz. glasses of clear liquids over the next 30 minutes

NOTHING BY MOUTH 2 HOURS PRIOR TO YOUR CHECK IN TIME (THIS INCLUDES WATER, GUM, ICE MINTS, CIGARETTES)

The following medication/ prep items will be sent to your pharmacy:

PlenVu Prescription

For individuals diagnosed with diabetes:

- **DAY BEFORE PROCEDURE:** Check your blood sugar often while on clear liquids and prepping.
- **NIGHT BEFORE PROCEDURE:** Do not take your ORAL diabetes medication.
- **NIGHT BEFORE PROCEDURE:** If you are on INSULIN take 1/2 your normal dose.
- **MORNING OF PROCEDURE:** Do NOT take diabetes medications.

For individuals diagnosed with hypertension:

- **DAY BEFORE AND DAY OF PROCEDURE:** Take your regular high blood pressure medications

For individuals with a medical history of seizures:

- **DAY BEFORE AND DAY OF PROCEDURE:** Take your regular seizure medications

For individuals currently on anticoagulant/ blood thinner:

- We will contact you with instructions once we have approval from your provider.

You are ready for the exam if you followed all of the above instructions and your stool is no longer formed, but clear or yellow liquid.

Contact us by phone at (309) 762-5560 or online at qcgastro.com