

Elsa S. Canales, M.D.

Alfredo Camero, Jr. M.D.

**PLENVU Preparation for Colonoscopy**

\_\_\_\_\_ Laredo Digestive Health Center (LDHC-Suite 219) 956-728-0030  
 \_\_\_\_\_ Other Location: \_\_\_\_\_

Date: \_\_\_\_\_  
 Arrival Time: \_\_\_\_\_

**NOTE: You may be charged \$50.00 for appointments that YOU DO NOT KEEP or CANCEL within TWO working days.**

You have been scheduled for a colonoscopy. It is a visual examination of the lower gastrointestinal tract performed with a colonoscope. You will receive intravenous sedation for this procedure.

**YOU MAY REGISTER THE DAY OF THE PROCEDURE.** Please be advised that the facility will call you at the phone numbers you provided us a few days before the procedure to confirm your time of arrival and preparation instructions. Please answer the call as changes to the schedule may occur. Please make arrangements for someone of confidence to drive you home after the procedure. You are advised to leave all jewelry and valuables at home or with a family member. The facility will not assume responsibility for items that may be lost or misplaced. If you have an implanted stimulator device please bring the control to turn it off during the procedure.

**FIVE DAYS BEFORE the procedure HOLD ANY ANTICOAGULANTS:** examples include Coumadin (Warfarin), Plavix (Clopidogrel), Trental (Cilostazol), Pradaxa, Eliquis, Xarelto, NSAIDS (aspirin, ibuprofen, Aleve, Advil, diclofenac, naproxen, Flanax, meloxicam, celebrex). **Also, hold oral iron pills or any multivitamin with iron 5 days before the procedure.** If questions about which medications to hold please contact the facility. You may use Tylenol, Darvocet, Ultram, Vicodin or Tramadol for pain.

**CLEANSING INSTRUCTIONS:** Before your colonoscopy a complete cleansing of the colon is necessary. Purchase laxatives at your pharmacy. It is important that you follow the instructions as directed to ensure the best outcome. The cleansing preparation may cause nausea, bloating or vomiting. If these occur please contact the facility or the physician's office. To minimize perirectal skin irritation, apply diaper rash ointment to perirectal area as needed (available over the counter). Do not eat high residue foods within 5 days of the procedure: examples include kiwi, prickly pear fruit, nuts, papaya seeds and pomegranate. **If you have constipation**, extended preparation is necessary. Extended preparation: take Miralax powder 17 grams twice a day or Phillips Milk of Magnesia 2 tablespoons twice a day starting 5 days before your colonoscopy.

**DAY BEFORE COLONOSCOPY:**

1. Eat a regular breakfast before 10:00 a.m.
2. At 10:00 a.m. drink one 10 oz bottle of Magnesium Citrate (not cherry flavored). **Please buy this over the counter.**
3. Drink plenty of clear liquids after 10:00 a.m. to stay well hydrated. See clear liquid diet below.
4. At 6:00 p.m. mix **Dose 1 of PLENVU** laxative according to package directions. This will make a total of 16 oz.
5. At 6:00 p.m. begin drinking **Dose 1 of PLENVU** one 8 oz glass every 15 minutes until you finish all of the 16 oz. This will take approximately 30 minutes and will equal to 2 glasses.
6. Drink 2 more 16 oz containers of water or clear liquids over the next 2 hours.

**DAY OF COLONOSCOPY:**

1. You may take your blood pressure medication with a small amount of clear liquid in the early morning of your procedure. All other medications can wait until after the procedure.
2. If you are diabetic and use insulin, you can take ½ dose of insulin the morning of the procedure and hold all other diabetes medication(s) until after the procedure. The facility or your physician may give you different instructions for your diabetes medications.
3. **Bring a list or bring all current medications** with you to the facility.
4. Drink clear liquids when you wake up.
5. Mix **Dose 2 (which includes packages A and B) of PLENVU** laxative according to package directions. This will make a total of 16 oz.
6. **At : AM / PM** begin drinking **PLENVU** laxative one 8 oz glass every 15 minutes until you finish all of the 16 oz. This will take approximately 30 minutes and will equal to 2 glasses.
7. Drink 2 more 16 oz containers of water or clear liquids immediately after the **PLENVU**.
8. Stop drinking all liquids 2 hours before arrival time.

**CLEAR LIQUID DIET:** AVOID all **RED** liquids.

**Allowed liquids include:** water, flavored or vitamin water, black coffee only, tea, lemonade, Crystal Light, Kool-Aid, clear sodas, Sprite, 7 UP, ginger ale, apple juice, white cranberry juice, white grape juice, Jell-O gelatin (not red), popsicle, snow cones, broth (beef or chicken flavor), plain hard candy, gum, gum drops, honey, sugar or sugar substitute.

**If you are unable to keep your appointment or if you have any questions regarding the procedure, please call our office between the hours of 8:00 A.M. and 5:00 P.M.**