

PLENVU INSTRUCTIONS

Shannon Surgery Center
4482 Sunset Drive

Arrival Date/Time _____

INSTRUCTIONS – COLONOSCOPY 486-5800 front desk- call with issues

- No Corn, Nuts, Seeds from now until your procedure
- prep may be mixed ahead of time and refrigerated but **prep is only good for 6 hours once it has been mixed**
- day before procedure is clear liquid diet day ALL DAY LONG (no food, no dairy products, no coffee creamer) – you may have water, coffee (no creamer)/tea (can be sweetened), soda, beef/chicken broth, apple juice, sprite, white grape juice, Gatorade, jell-o, popsicles **NO RED OR PURPLE COLORING** – red dye makes colon look irritated
- may take medications on liquid diet day
- drink dose 1 of prep on liquid diet day starting at 4pm and complete within 30 minutes and then follow it up with 16oz (container provided in box is 16oz) of water within 30 minutes– complete prep and additional 16oz of water by 5pm
- **NO CLEAR LIQUIDS AFTER MIDNIGHT** except for second dose of prep
- drink dose 2 of prep (pouch A & B) 6 hours prior to procedure starting @ _____ and complete within 30 minutes and then follow it up with 16oz of water within 30 minutes - prep and additional water must be completed by _____
- stay well hydrated, drink plenty of fluids **DAY BEFORE** procedure and avoid the sun as much as possible
- may brush teeth morning of procedure but do not swallow any water
- no tobacco, no gum, no candy, no mints on day of procedure
- leave valuables and jewelry at home
- bring picture ID and insurance cards
- wear comfortable, loose fitting clothing, slip on shoes just something easy for you to get in and out of – you will change into gown
- no lotions/powders on skin day of procedure, can wear deodorant
- need a driver and no driving for 24 hours after procedure and you should not be alone for 24 hours following the procedure
- take any routine morning Blood Pressure, heart, seizure, thyroid, chronic pain medications, inhalers morning of procedure with small sip of water. All other medications can be taken after procedure