



My Colonoscopy Prep Calendar- Plenvu

Patient name:
Physician:
Procedure Date:



- Pick up your bowel prep at the pharmacy.
If you use our patient portal to check upcoming appointments please disregard this information for your procedure is in our endoscopy suite.
Stop taking Iron supplements and multivitamins.
If you are taking blood thinners, such as Coumadin, you will receive additional instructions guided by your prescribing physician.

- Confirm with the person who is providing you a ride home. You must have a ride home as you will be receiving sedation (NO TAXIS, Lyft, or Uber by yourself). Please inform your escort that the visit will take 2 1/2 -3 hours.



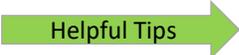
- Stop eating seeds, nuts, corn, any vegetables with a skin, and beans.
If you are unable to make your appointment please call, 603-580-7892.
Core Gastroenterology requires 72 hours notice for cancellations



- No solid food, dairy, juice with pulp, alcoholic beverages, and nothing red, orange, or purple in color.
ONLY clear liquids allowed: Sports Drinks (no red, orange, or purple), apple juice, white grape juice, ginger ale, clear broth/bouillon, water, coffee/tea without milk, clear carbonated beverages, Jell-O, popsicles, and Italian Ice. To stay hydrated, drink at least 8 glasses of clear liquid in addition to the bowel prep.
6:00 PM: Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. Take your time; slowly finish the dose within 30 minutes. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.
If you are unable to finish your prep or have not had a bowel movement three hours after drinking the evening dose, call the hospital at 603.778.7311 as soon as possible and ask for the GI nurse.

- Please take your morning medications with a sip of water at least two hours prior to your procedure time.
4 hours prior to your arrival time Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. Take your time; slowly finish the dose within 30 minutes. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.
To stay hydrated, drink at least 4 glasses of clear liquid in addition to the bowel prep
Stop drinking all liquids including the bowel prep 3 hours before you are due to arrive at the hospital.
No chewing gum or hard candy 3 hours prior to arrival.

Check each box daily to ensure proper prep



Helpful Tips

- You will need to contact the doctor who prescribes your diabetic medications for pre procedure instructions.
- The endoscopy suite will call you 10 business days prior to your procedure date to inform you of your arrival time. If you don't confirm your arrival time within 48 hours of receiving it, you will be rescheduled. Questions may be directed to (603)-580-7892.
- You can try biting down on a lemon before drinking the prep to improve the taste.
- Drinking the Plenvu cold and adding a Crystal Light flavor packet (not red) can improve the taste. Drink with a straw.
- To decrease discomfort around the perianal region, use wet wipes instead of toilet paper and apply Vaseline or A&D Ointment to the rectum.
- If you wear contacts, you will be asked to remove them prior to the procedure.
- You will be asked to remove jewelry before your procedure and you should consider leaving valuables at home.
- Please check with your insurance carrier regarding their coverage of this procedure, a pre-authorization may be required.
- If you are within child-bearing age, you may be asked for a urine specimen prior to your procedure.