

# PLENVU® 2 DAY PREP

Bowel Prep Instructions for Colonoscopy Procedures – DDG Waxahachie

**Welcome! You've taken an important step toward better health, and we're here to support you every step of the way!**

Since you're scheduled for a colonoscopy, we're excited to guide you through the process of preparing for a healthier colon. Below, you'll find the essential bowel prep instructions, which involve a prescription for PLENVU—ready for pick-up at your preferred pharmacy (or maybe you've already got it in hand)! It's crucial that you follow these instructions carefully, as a thorough colon cleanse is key to the success of your procedure. A clean colon allows your provider to clearly identify any potential health issues, including disease or precancerous tumors. Let's get you set for a smooth and successful colonoscopy!

If you have any questions or need assistance, please don't hesitate to call our office at **469-800-9950** or **send us a message through the MyBSWHealth portal**. We're happy to assist you and answer any questions you may have! Thank you for trusting us with your healthcare!

## GENERAL INSTRUCTIONS:

Follow these instructions carefully to ensure a successful colonoscopy. A clean colon is essential for detecting any polyps or abnormalities. If your colon is not properly cleaned, your procedure may need to be repeated, leading to additional costs and risks.

- Use **this instruction sheet** instead of the directions on the medication packaging.
- Tell us if you:
  - Have chronic constipation (fewer than 4 bowel movements per week).
  - Take narcotic/opioid pain relievers.
  - Have had inadequate bowel prep before.
  - You may need a stronger prep.

### Why Proper Preparation Matters—

A colonoscopy allows your doctor to examine your colon using a small camera. A clean colon is **essential** for detecting and removing precancerous polyps and early cancer.

### **If your colon is not properly cleaned:**

- Polyps (precancerous growths) and even early cancer may be **missed**.
- Your procedure may take **longer**, increasing risks.
- There's a higher chance of **complications** like a tear (perforation).
- You may have to **repeat the procedure**—and still be charged by your insurance.

**AVOID A REPEAT PROCEDURE  
FOLLOW THE FOLLOWING STEPS CAREFULLY!!**

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## 7 DAYS BEFORE YOUR PROCEDURE:

- **Pick up your prescription** for PLENVU bowel prep from your preferred pharmacy.
- **Buy these over-the-counter items:**
  - 4 Dulcolax (Bisacodyl) 5 mg tablets
  - 4 Gas-X (Simethicone) 80 or 125 mg tablets
- **Arrange a driver:** You **MUST** have someone drive you to and from your procedure. You cannot drive yourself due to sedation.
- **If you take blood thinners or diabetes medication**, ask your prescribing doctor if you need to stop or adjust them.
- **Avoid nuts, seeds, popcorn, and corn.**

## 3 DAYS BEFORE YOUR PROCEDURE:

- Stop eating high-fiber foods (*like fruits, vegetables, grains, beans*).
- Stop taking fiber supplements (*Metamucil, Citrucel, Benefiber*).
- Start a low-residue diet (see diet options below).

APPROVED	<u>NOT</u> APPROVED
<p><u>DRINKS</u>: soft drinks, iced tea, coffee</p> <p><u>FOODS</u>: White bread, eggs, milk, yogurt, cheeses (including cream cheese and sour cream), butter, fried potatoes (without skin), pasta (made with white flour), white rice, grilled/fried fish, strained soups/broths.</p> <p><u>DESSERTS</u>: cakes and pastries, Jell-o, popsicles</p>	<p>ALL FOODS WITH SEEDS AND NUTS!</p> <p><u>FRUITS</u>: berries, pears, apples, oranges, avocados, prunes and raisins, dried figs, or jams!</p> <p><u>VEGETABLES</u>: sweet potatoes, spinach, kale, artichokes, cabbage, broccoli, cauliflower, green peas, carrots, squash.</p> <p><u>GRAINS</u>: whole-grain breads, multigrain cereal, oats and oatmeal, brown rice, barley, bulgur wheat, millet, quinoa, bran muffins, popcorn, rye wafer crackers, sesame.</p> <p><u>BEANS</u>: navy beans, kidney beans, and pinto beans. Soybeans, split peas, lentils, chickpeas, fava.</p> <p>Fiber bars.</p>

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## 2 DAYS BEFORE YOUR PROCEDURE:

**No solid food today—clear liquids only.** Eating solid food will result in cancellation of your procedure. Drink at least 8 ounces of clear liquids every 1-2 hours after waking up to stay hydrated.

APPROVED	<u>NOT APPROVED</u>
Apple juice, yellow grape juice, lemonade (without pulp), Gatorade (or any sports drink), water (still or sparkling), tea (no milk), coffee (without creamer), clear soft drinks (sprite, ginger ale, 7up), clear beef or chicken broth (must be strained), popsicles, Jell-o, and hard candy.	Dairy products (milk, almond milk, soy milk, cheese, cream, coffee creamer, yogurt or butter), anything RED or PURPLE IN COLOR, alcohol (of any kind), drinks with pulp (orange juice)

1. Drink at least 8 oz of clear liquids every 1-2 hours after waking up. Make sure to drink plenty of fluids this will help prevent dehydration and facilitate the colon cleanse.
2. **2:00 PM:** Take four Dulcolax (Bisacodyl) 5 mg tablets.
3. **5:00 PM:** Start drinking FIRST DOSE OF PLENVU:
  - Mix dose 1 with 16 oz of water in the bottle provided. Do not add any other liquids or ice. After shaking, put mixture into the fridge for 30 minutes then begin drinking.
  - After finishing, drink two additional 16-ounce glasses of water.

## 1 DAY BEFORE YOUR PROCEDURE:

1. **8:00 AM: SECOND DOSE** Mix Dose 2 (A & B) with 16 ounces of water in bottle provided. Do not add any other liquids or ice. After shaking, put mixture into fridge for 30 minutes and then beginning drinking. Once complete, drink 1 additional 16 oz glass of water.
2. **5:00 PM:** Begin drinking **THIRD DOSE** Mix Dose 1 with 16 ounces of water in bottle provided. Do not add any other liquids or ice. After shaking, put mixture into fridge for 30 minutes and then beginning drinking. Once complete, drink 1 additional 16 oz glass of water. Make sure to drink plenty of fluids this will help prevent dehydration and facilitate colon cleanse.

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## MORNING OF YOUR PROCEDURE:

1. Take two Gas-X tablets.
2. Begin drinking the FINAL dose 2 (A & B) with 16 oz of water in the bottle provided.
3. Once complete drink 1 additional 16 oz glass of water.
4. Take two more Gas-X tablets after finishing the solution.

## **MEDICATION GUIDELINES:**

- You may take **heart, blood pressure, or other timed medications** with a small sip of water four hours before your appointment (unless told otherwise).
- **Do not eat, drink, or chew anything after this time, including medications.**

*\*Failure to follow these instructions may result in a **delayed** or **canceled procedure**.*

## COLON CLEANSING TIPS:

- **Stay near a toilet.** Frequent bowel movements are expected.
- **Use a straw to drink the prep solution** if it helps with taste.
- **If you feel nauseous or vomit:**
  - Take a 30-minute break.
  - Rinse your mouth or brush your teeth.
  - Walk around, then resume drinking the solution.
  - Drink as much as you can, even if you vomit some of it.
- **Bowel cramps may occur** until the colon is fully flushed (can take 2-4 hours or longer).
- **To prevent skin irritations or hemorrhoid flare-ups:**
  - Use baby wipes, Vaseline, hydrocortisone cream, or TUCKS® pads.
  - Avoid products containing alcohol.
  - Do not use suppositories.

## CANCELLATION POLICY:

Colonoscopies require careful scheduling between staff, doctors, and the hospital. If you need to cancel or reschedule, **call at least 10 days before your procedure at 469-800-9950**. Failure to provide notice may result in a fee, which is **not covered by insurance** and must be paid before rescheduling.

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## MEDICATION TIMELINE:

Review the chart listed below for any medications you are currently taking and be aware of the amount of time prior to your procedure **REQUIRED** to hold (stop taking) your medication.

*\*All blood thinner medication REQUIRE CLEARANCE TO HOLD from the prescribing provider (cardiologist, primary care provider, etc.) to stop the medication before the procedure. \*\**

<b>STOP 7 DAYS PRIOR:</b>	All weight loss medication: examples include <b>Phentermine</b> (Adipex) and <b>Qsymia</b> (Phentermine / Topiramate), <b>Dulaglutide</b> (Trulicity), <b>Exenatide</b> (Bydureon, Byetta), <b>Liraglutide</b> (Saxenda, Victoza), <b>Lixisenatide</b> (Adlyxin), <b>Semaglutide</b> (Ozempic, Wegovy), <b>Tirzepatide</b> (Mounjaro).  Some of those medications are used to treat diabetes. You will need to hold them and inform your diabetes doctor to determine if an alternative is needed.
<b>STOP 5 DAYS PRIOR:</b>	The following blood thinners: <b>Warfarin</b> (Coumadin), <b>Plavix</b> (Clopidogrel), <b>Effient</b> (Prasugrel), <b>Brilinta</b> (Ticagrelor), <b>Pletal</b> (Cilostazol), <b>Aggrenox</b> (Aspirin/Dipyridamole).
<b>STOP 4 DAYS PRIOR:</b>	<b>Ertugliflozin</b> (Steglatro, Segluromet, Steglujan, etc.)
<b>STOP 3 DAYS PRIOR:</b>	<b>Oral Iron</b> supplement and diabetic medications: <b>Invokana</b> (canagliflozin), <b>Jardiance</b> (Empagliflozin), <b>Farxiga</b> (Dapagliflozin), <b>Steglatro</b> (Ertugliflozin), <b>Segluromet</b> (Ertugliflozin/Metformin), <b>Xigduo XR</b> (Dapagliflozin / Metformin), <b>Ritalin</b> (Methylphenidate), <b>Bexagliflozin</b> (Brenzavvy), <b>Sotagliflozin</b> (Inpefa, Zynquista).
<b>STOP 2-3 DAYS PRIOR:</b>	<b>Eliquis</b> (Apixaban), <b>Xarelto</b> (Rivaroxaban), <b>Pradaxa</b> (Dabigatran).
<b>STOP 1 DAY PRIOR:</b>	Heparin, Lovenox.
<b>STOP DAY BEFORE PROCEDURE:</b>	Insulin dependent patients <b>MUST</b> reduce long-acting insulin dose by 50% the night before procedure and you will resume after. <b>Check your blood sugars at least twice: in the morning before beginning your clear liquids and at bedtime.</b>
<b>STOP MORNING OF PROCEDURE:</b>	Don't take long-acting insulin, oral diabetes medications, such as Glucophage (Metformin), Glucotrol (Glipizide), or Actos (Pioglitazone). <b>Check your blood sugar in the morning before arrival time.</b>