

Name: _____

Date: _____

COLONOSCOPY PREPARATION WITH PLENVU

You are scheduled for a colonoscopy on _____ at _____. You must arrive by _____.
If you are scheduled for a procedure at **Surgery Center of Aventura, the surgical center will call you, the day before, to confirm the time of procedure.**

Purchase at the pharmacy: Plenvu (prescription required)

Starting one week prior to the procedure: Do not take iron pills. It is best to avoid medications that can cause bleeding such as anti-inflammatory drugs including ibuprofen, Motrin, Advil, Aleve, Empirin, Bufferin, Medipren, Nuprin, Naproxen, Sulindac, Clinoril, Piroxican, Feldene, Indomethacin, Indocin, Diclofenac, Voltaren, and Celebrex.

Do not take diet pills with phentermine.

Tylenol and other brands of acetaminophen are safe to use prior to the procedure.

Please discuss prescribed anticoagulants such as Coumadin, Plavix, Xarelto, Brilinta, Eliquis **and even aspirin** if it was part of a prescribed regimen, with your internist, neurologist or cardiologist, **before stopping** these medications.

- PLENVU must be reconstituted in water prior to ingestion. It may take 2 to 3 minutes for complete dissolution.
- **Clear liquids diet (all day) from the time you wake up the day before the procedure.**
- Examples of clear liquids: Clear bouillon, broth or consommé, tea, coffee, decaffeinated tea or coffee, Kool-Aid, carbonated beverages. Do not put any milk or cream in your tea or coffee. Juices including clear cranberry, white grape, and clear apple juice, strained lemonade, limeade, orange drink or any juices that you can see through and has no pulp. Also acceptable is water ices, Italian ices, popsicles, and you can have jello (**NO RED**).

Dose 1 – In the Evening Before the Colonoscopy, at 6:00 PM

1. Empty the contents of Dose 1 into the mixing container that comes with PLENVU.
2. Add water to the fill line on the mixing container (at least 16 fluid ounces). Do not add other ingredients to the PLENVU solution.
3. Thoroughly mix with a spoon or shake with lid on securely until completely dissolved (which may take 2 to 3 minutes).
4. Drink over the next 30 minutes. Be sure to drink all of the solution.
5. Refill the mixing container to the fill line (at least 16 fluid ounces) with clear liquids and drink over the next 30 minutes.
6. Consume additional clear liquids during the evening.
7. If severe bloating, abdominal distention, or abdominal pain occurs following the first dose, delay the second dose until the symptoms resolve.

Dose 2 – In the evening before the Colonoscopy, at 11:00 PM

1. Empty the contents of Dose 2 Pouch A and Dose 2 Pouch B into the mixing container that comes with PLENVU.
2. Add water to the fill line on the mixing container (at least 16 fluid ounces). Do not add other ingredients to the PLENVU solution.
3. Thoroughly mix with a spoon or shake with lid on securely until completely dissolved (which may take 2 to 3 minutes). Drink over the next 30 minutes. Be sure to drink all of the solution.
4. Refill the mixing container to the fill line (at least 16 fluid ounces) with clear liquids and drink over the next 30 minutes.
5. Consume additional water or clear liquids up to 4 hours before the colonoscopy or as prescribed by your doctor. **Then stop drinking liquids until after the colonoscopy.**

Patient's Responsibility: _____

This is an estimated fee for just the doctor's service. You may have additional fees for the facility and laboratory.

The location of your procedure is:

Mt. Sinai Medical Center
Gumenick Building 1st floor
4300 Alton Rd
Miami Beach, FL 33140
Phone: (305) 674-2498

Aventura Hospital
(Register on the 1st Floor)
20900 Biscayne Blvd
Aventura, FL 33180
Phone: (305) 682-7000

Surgery Center of
20601 East Dixie Highway
Suite 400
Aventura, FL 33180
Phone: (305) 792-0323

Baptist Endoscopy Center
709 Alton Rd, Suite 130
Miami Beach, FL 33139
Phone# 786-204-4010