

METRO ATLANTA GASTROENEROLOGY AND ENDOSCOPY
Office: 404-255-4333 Endo Center: 404-255-4346

Plenvu Split Dose Colonoscopy Preparation Protocol

Two days/or sooner before colonoscopy:

-Purchase the prescribed laxative at a pharmacy.

NOTE: Please do not follow the instructions on the prep kit box EXCEPT for how to mix and dose the prep. The remainder of the instructions are as below. This prep tends to be sweet tasting, so you can add a small amount of apple juice, or squeeze some lemon or lime juice in it. We recommend drinking it cold. Please make sure to finish the entire prep, and take as directed to ensure that it is effective and works properly.

Seven (7) days prior to your procedure:

-Avoid seeds, nuts, whole-grain breads, and popcorn

Medications – Unless otherwise discussed with your doctor:

Make sure to refresh your memory about how your doctor recommended you take your medications, especially if you are on blood thinners or anti-platelet drugs. Call us with ANY questions.

- Do not take oral medications within 1 hour before or after each dose of Plenvu, as it can decrease the effectiveness of the medications

-Avoid NSAIDS (Aspirin, Motrin, Advil, Aleve, Ibuprofen, Naproxen, Celebrex, Diclofenac, etc), Vitamin E, and fish oil 5-7 days before procedure. It is OK to take Acetaminophen.

- STOP Aspirin, Plavix, or other anti-platelet therapy 5-7 days prior to your procedure unless otherwise directed by your physician.

- Stop Coumadin, and other blood thinners as directed
Specific medication adjustments:

On the day before your colonoscopy:

-OK to have a low fiber breakfast, do not eat after 10 AM.

•Examples: Low Fat Yogurt with no Fruit, Hard Boiled or scrambled Eggs, bagel, English muffin

-No solid food after 10 AM.

-Continue to drink plenty of clear liquids between **up to 4 hours** prior to your colonoscopy if your procedure is

at Emory Saint Joseph's Hospital, and **2 hours** before your procedure if done at Metro Atlanta Endoscopy

-Clear liquids include: white grape or apple juice, Ginger Ale, clear sodas, tea, coffee, broth, Gatorade (preferred over other electrolyte containing drinks), Jello, ice pops, water...

-Prepare the previously obtained Laxative as described on the prep kit box.

How to take the bowel preparation:

-On the day prior to your procedure, between 6PM and 8PM, 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. This may take up to 2-3 minutes. Drink the prep over 30

minutes, then refill the container with at least 16 ounces of clear liquid. Finish it all within 30 minutes.

-Repeat this process the next morning: starting 4-5 hours prior to your procedure: Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water, and stir as above. Drink the prep over 30 minutes, then refill the container with at least 16 ounces of clear liquid. Finish it all within 30 minutes.

*****Nothing by mouth** for the **4 hours** prior to your colonoscopy if your procedure is at Emory Saint Joseph's Hospital, and **2 hours** before your colonoscopy if procedure to be done at Metro Atlanta Endoscopy

- NOTE: individual responses to laxatives may vary. This may cause multiple bowel movements within 30 minutes or take several hours

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Your procedure is scheduled at:

_____ Metro Atlanta Endoscopy, 5669 Peachtree Dunwoody Road, Suite 210

_____ Emory Saint Joseph's Hospital, GIDU, 3rd floor (you will need to go to admissions first)

Procedure Date and Time: _____

*****ARRIVAL TIME:** _____