UTSouthwestern
Medical Center

COLONOSCOPY: PLENVU INSTRUCTIONS

Name: Check-In Time:
Appointment date: Appointment time:
Location:

- For questions, contact the Digestive Diseases Clinic at 214-645-0595 from 8 am to 5 pm Monday to Friday. After 5 pm, you will reach the on-call physician at 214-645-0595.

- Bring your insurance card and a picture ID, leave all other valuables home, and expect the procedure to take about 3 to 4 hours.

- Children under 12 are not allowed in the waiting room. Please make other childcare arrangements.

- You **MUST** have a responsible adult to take you home. We cannot let you leave on your own or in hired transportation (such as a cab or a ride-hailing service). Your responsible party will be notified in the waiting area or called when you are ready to leave.

- If you have diabetes and taking insulin, please call your prescribing physician for instructions.

- Please inform our office at least **14 days** before your procedure date if you are taking any of the following **blood thinners**: warfarin (Coumadin), clopidogrel (Plavix), prasugrel (Effient), dipyrida-asa (Aggrenox), dipyridamole (Persantine), ticagrelor (Brillinta), cilostazol (Pletal), ticlopidine (Ticlid), pentoxifylline (Trental), anagrelide (Agrylin), edoxaban (Savaysa), fondaparinux (Arixtra), dabigatran (Pradaxa), betrixaban (Bevyxxa). You may require further instructions.

- If you are taking **weight loss medications**, please **HOLD them** as noted below:
    - 7 days before the procedure: Adipex, Lomira, Qsymia (combo with topiramate), Belviq
    - 3 days before the procedure: Bontril, Melfiat, Plenity
    - The morning of the procedure: Vyvanse

- You will receive a call from the pre-surgery testing nurse approximately 5 - 7 days before your procedure. If you pass their pre-screen and have been fully vaccinated, you will not be required to take a COVID-19 test.

- If you do not pass the screen or have not been fully vaccinated then a COVID-19 test will be required 48 - 72 hours before your procedure.

- HOLD any NSAIDs, such as ibuprofen (Advil, Motrin), naproxen (Aleve), and over-the-counter herbs or supplements for **7 days** before the procedure to reduce the risk of bleeding.
- HOLD ferrous sulfate (iron supplement) or any multivitamin containing iron for **5 days** before your procedure.
- HOLD Imodium, and any anti-diarrheal meds, for **2 days** before your procedure.
- You **may drink only 20 ounces of clear liquids** (strained fruit juices without pulp, broth, water, Gatorade, Popsicles, Jell-O, coffee, or tea with no creamer) the morning of your procedure, **in addition to your colon prep**.
- If you become **nauseated** drinking the prep, you may take ondansetron (anti-nausea pill), as directed on the prescription.

5 days before the procedure date

- Go to the pharmacy and pick up your prescriptions - Plenvu (colon prep) and ondansetron (anti-nausea pill).
- It is **OK** to keep taking aspirin.

3 days before the procedure date

- Stop eating high-fiber foods that are hard to clean out, such as salads, broccoli, corn, greens, nuts, and seeds.

1 day before the procedure date

Drink ONLY clear liquids ALL DAY—NO SOLID FOODS.

- **Drink at least 8 glasses of clear liquids throughout the day**.
- **If you become nauseated**, take ondansetron (anti-nausea pill), as directed.
- **At 5:00 pm:** Pour dose 1 sachet into a 16-ounce container. Add enough water to make 16 ounces and stir until completely dissolved. Drink over 30 minutes by drinking one glass every 10-15 minutes.
- Following the Plenvu dose, drink an additional 16 ounces of water over the next 30 minutes
- Stay near a toilet. Over the next several hours, you will have diarrhea, which can be sudden, which is the purpose of this process is to empty your colon.
- You may have skin irritation from frequent wiping with toilet paper. We recommend either Vaseline or Tucks Wipes to treat any tenderness.
- At night, take any prescription medication that you normally take.

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Day of procedure

- **Do NOT chew gum or eat mints the day of the procedure.**
- **Do NOT eat solid foods. Only clear liquids are allowed up to 4 hours before the procedure time.**
- **On the morning of the procedure,** take any prescription medication you usually take in the morning, unless our clinic or your prescribing physician has instructed you otherwise**.**
- **5 hours before appointment time: If you become nauseated**, take ondansetron (anti-nausea pill), as directed. Pour contents of dose 2 sachet into a 16-ounce container. Add enough water to make 16 ounces and stir until completely dissolved. Drink over 30 minutes by drinking one glass every 10 – 15 minutes.
- Following the Plenvu dose, drink an additional 16 ounces of water over the next 30 minutes.
- You must drink all the prep at least **5 hours before** your procedure time.
- You must stop drinking clear liquids **4 hours before** your procedure time.
- You should be passing clear or clear yellow liquid from your rectum. If not, please call our office for further instructions.
    - Contact the Digestive Diseases Clinic at 214-645-0595