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Colonoscopy with PLENVU Prep

YOU MUST HAVE SOMEONE DRIVE YOU HOME FROM THIS PROCEDURE DUE TO THE EFFECTS OF ANESTHESIA

NJ State Law will consider you intoxicated if you drive following anesthesia.

****Absolutely NO exceptions will be made. If you plan to drive home, you will not be receiving anesthesia****

ONE DAY BEFORE THE PROCEDURE:

You **MUST** be on a CLEAR liquid diet throughout the day. **NO SOLID FOODS!!** Avoid all liquids that are RED in color. Avoid ALL dairy products and juices with pulp, such as orange juice.

CLEAR LIQUIDS INCLUDE:

Soups: Clear broth, such as chicken, vegetable and beef or consommé.

Juices: White cranberry, white grape, apple, strained lemonade, and limeade (NO PULP)

Beverages: Tea, coffee, Kool-Aid, diet and regular soda (any flavor- cola/root beer etc.), iced tea, Gatorade, sports drinks, coconut water (no pulp), water, seltzer. **NOTHING RED in COLOR.** Remember no cream, milk, fake creamer, protein shakes, or smoothies. No vegetable juices.

Desserts: Water ices, Italian ices, Ice Pops, Jell-O, hard candy- **NOTHING RED IN COLOR**

IT IS IMPORTANT YOU DRINK AS MUCH FLUID AS YOU CAN THROUGHOUT THE DAY!

FOLLOW THE STEPS BELOW TO COMPLETE YOUR BOWEL PREP

TAKE DOSE 1:

7:00 PM: Take dose 1 pouch and dissolve it in 16 ounces of water (plastic bottle included with prep kit). Once dose 1 is finished, follow it with 16 ounces of clear liquids over the next hour.

TAKE DOSE 2:

11:00 PM: Take dose 2 pouches A & B and dissolve them in 16 ounces of water. Once dose is finished, follow it with 16 ounces of clear liquids over the next hour.

YOU MAY CONTINUE TO DRINK CLEAR LIQUIDS UP UNTIL 1 A.M.

****it usually takes about an hour to begin to have a bowel movement. You may notice some bloating or cramping at the beginning of this prep, which usually improves once the bowel movement begins.**

If you are taking diabetes medicine or blood thinning medications such as aspirin, Coumadin, Plavix, Lovenox, Effient, Pradaxa, Brilinta, Eliquis, or any anti-inflammatory drugs such as Celebrex, Aleve, or Motrin, please consult your prescribing physician about discontinuation. DO NOT STOP any medications with out consulting your prescribing physicians. You can take blood pressure, heart/seizure medications with a small sip of water on the morning of your procedure. Please inform us if you have a defibrillator.