

Advanced Gastroenterology

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Rockville, MD 20850

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Colonoscopy: Plenvu Preparation

Your procedure is scheduled for: _____ arrive at _____
Date Time

Advanced Surgery Center, LLC
10110 Molecular Drive,
Suite 100
Rockville, MD 20850
(301) 838-0437

Shady Grove Adventist Hospital
Out-Patient Surgery Center
9901 Medical Center Drive,
Rockville, MD 20850
(240) 826-6000

Important notes:

- *Plan to be at the center for at least three (3) hours.
- *You must make arrangements for someone (over 18) to drive you home after the procedure.
- *Please pick up your **Plenvu** prescription from your local pharmacy at least three (3) days prior to your procedure.
- ***OVER THE COUNTER MEDICATIONS:** You will need to pick up one (1) bottle of **Magnesium Citrate** and one (1) box of **Dulcolax 5mg (Bisacodyl) tablets**. (You will only need eight 8 tablets).

Medications:

If you are taking:

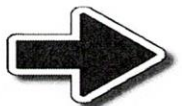
- Blood Pressure medications: Okay to continue. Please take **3 hours before your procedure**.
- If you use an inhaler, please bring it to your appointment.

Starting on: _____ **As soon as you wake up you will begin your preparation and start your clear liquid diet.**

- CLEAR LIQUIDS:**
- Water
 - Soda
 - Jell-O
 - Tea
 - Gatorade
 - Broth (Chicken, beef, vegetable **flavor**)
 - Coffee (No creamer/milk)
 - Clear Ensure

NO: Gum, Candy, Milk, Pulpy Juices, V-8, Red or Purple drinks.

Please flip the page to see the instructions on the other side.



How to take Plenvu: (The day before your procedure)

1. **At 6:00 am:** Take **four (4)** tablets of **Dulcolax (Bisacodyl)**
2. **At 12:00 pm (noon):** Take another **four (4)** tablets of **Dulcolax (Bisacodyl)**.
- 3A. **At 6:00 pm:** Use the mixing container to mix the contents of **Dose 1 pouch** with at least 16 ounces of water. Shake or use a spoon until completely dissolved. This may take up to 2 to 3 minutes. Finish the dose within 30 minutes.
- 3B. **After drinking the solution,** refill the container with 16 ounces of clear liquid and finish within 30 minutes.
4. **At 8:00 pm:** With the remaining Dose 2 (Pouch A and B) mix and repeat steps 3A and 3B above.
5. **Six (6) hours** before your procedure (_____), take **one (1)** bottle of **Magnesium citrate**. This should be the last think you drink. You may **NOT** continue drinking liquids until after your procedure.

If your prep is not satisfactory due to failure to follow the instructions

The doctor will have difficulty seeing the insides of your colon. You will have to redo the prep and come in for a repeat colonoscopy. You may also be subject to a \$100 fee.

If you have any trouble, don't understand, or have any questions about the prep or what you are allowed to eat, please call the office at 301-838-4224.



- ❖ To prevent soreness from wiping, try soft toilet tissue or pre-moistened bathroom wipes.
- ❖ Drink plenty of water to keep yourself hydrated.
- ❖ If you experience anal irritation, try using Tucks or any brand of baby wipe followed by a generous application of Vaseline petroleum jelly to the external anus after each watery bowel movement.
- ❖ Feelings of bloating and nausea are common. This is temporary and will subside. You may also call our office at (301) 838-4224.