

SPLIT DOSE PLENVU FOR COLONOSCOPY

Split Dosing

DISCARD PACKAGING INSTRUCTIONS/USE ONLY THE FOLLOWING INSTRUCTIONS

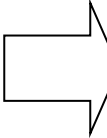
Two (2) Days Before Colonoscopy: Avoid whole grains, seeds, nuts, raw tomatoes and corn.

The Day Before Colonoscopy:

- When you get up in the morning mix up the first dose of PLENVU.
 - Use the mixing container to mix Dose 1 Packet with 16 oz. of water.
 - Shake and mix until dissolved.
 - Place it in the refrigerator.
- Eat a light breakfast and then **clear liquids after 10:00 AM for the remainder of the day.** The light breakfast can include toast or a bagel with butter, margarine or jelly. It can also include one egg. Clear liquids are liquids you can see through such as chicken broth, apple juice, white grape juice, Gatorade, black coffee or tea, Ginger Ale, Jell-O, ice popsicles. Do not have products that are red or purple. *Remember! No solid foods or dairy products after breakfast!*
- At 4:00 PM stop drinking liquids that contain sugar.
- At 6PM begin drinking the first dose (Dose 1 Packet) of PLENVU.
 - Slowly finish the dose within 30 minutes.
Follow this by drinking at least 16 ounces of clear liquid within 30 minutes.
- Before going to bed:
 - Empty Dose 2 Pouch A and Dose 2 Pouch B into the mixing container with 16 oz. of water.
 - Shake until dissolved.
 - Place it in the refrigerator.
 - You may or may not now resume liquids containing sugar.

The Day of Colonoscopy:

- Six (6) hours before your appointment time begin drinking the second dose of Plenvu and slowly finish the dose within 30 minutes.
 - When finished, drink at least 16 oz. of clear liquid within 60 minutes.

 **THE PREP MUST BE FINISHED 4 HOURS PRIOR TO YOUR PROCEDURE TIME. ONLY NECESSARY MEDICATIONS MAY BE TAKEN WITH A SIP OF WATER AFTER COMPLETION OF PREP. IF YOU TAKE ANYTHING BY MOUTH INCLUDING ANY SOLID FOOD, LIQUIDS, GUM, MINTS, HARD CANDY OR WATER, YOUR PROCEDURE WILL NEED TO BE RESCHEDULED.**

Medications:

- **DIABETES:** If you take medications for diabetes or to control your blood sugar, call your primary physician for instructions on how to take these medications on the day before your colonoscopy and on the day of the procedure.
- **BLOOD THINNERS:** If you are taking ANY blood thinner other than Aspirin, you need to make an appointment with one of the physicians of Gastrointestinal Associates to discuss how you will coordinate the medication use before and after the procedure. *Your Gastrointestinal Associates physician will make a recommendation about your blood thinner. You will need to speak to the physician who orders this medication for you. If there is a difference in his/her recommendation, you must call our office to advise your Gastrointestinal Associates physician.* If you are on chemotherapy with **Avastin**, it is critical that your Gastrointestinal Associates physician be made aware of this.

If you are unable to finish the preparation, please call our office at 267-620-1100.

(Split Dose Plenvu 11/19)

GASTROINTESTINAL ASSOCIATES, INC.

WHAT IS COLONOSCOPY?

A flexible tube (colonoscope) is passed through the rectum into the lower intestinal tract. This enables the physician to view the lining of the rectum and all parts of the large intestine. (colon)

1. It is imperative that you **follow instructions given to you by Gastrointestinal Associates, Inc.** There are **restrictions on food and liquid intake. Failure to follow these restrictions could mean the cancellation of your procedure.**
2. **Meridia, Phentermine and Herbal products** must be **stopped two weeks** before the procedure.
3. **Fiber supplements and iron containing products** must be **stopped one week** prior to the procedure.
4. **You may take** blood pressure, heart and/or asthma medication with a sip of water.
5. **Diabetics** – if you are medicine-controlled check with the doctor who prescribes your medications for diabetes.
6. **Transportation** – you must arrange for a driver to accompany you to and from the procedure unit. Failure to have an available driver immediately following your procedure will result in cancellation of your procedure. **THEREFORE, YOUR DRIVER MUST REMAIN IN THE PROCEDURE UNIT WAITING ROOM UNTIL YOU ARE DISCHARGED.** If you are taking a taxi or public transportation, you must have an adult with you. **You cannot drive for 12 hours following your procedure. Therefore, you must have a driver.** Please have your driver available should your procedure time need to be changed.
7. Let us know of any **medication changes** prior to your procedure.
8. Let us know of any **insurance changes** prior to your procedure.
9. **Bring** your insurance cards and make sure that your referral (if required) is in order for the doctor's charge and the facility's charge. **You are responsible for any copays.**

**YOUR PROCEDURE IS SCHEDULED AT:
GASTROINTESTINAL ENDOSCOPY CENTER**

1600 Horizon Drive – Suite 107
Chalfont, PA 18914
Arrive 45 mins. before procedure time
Parking available

PROCEDURE DATE: _____

PROCEDURE TIME: _____

(what is colonoscopy 8/18)