

ATLANTA CENTER FOR GASTROENTEROLOGY

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PLENVU COLONOSCOPY PREP INSTRUCTIONS

- 1) **CLEAR/THIN LIQUID DIET ALL DAY LONG THE DAY BEFORE.** All Day means **ALL DAY**. **No** breakfast or anything but CLEAR/THIN LIQUIDS **all day** the day prior to the Colonoscopy. Examples of Clear Liquids are Water, Black Coffee, Soda's, Apple Juice, Grape Juice, Jello, Broth Cubes, Gatorade, Tea, etc. This does **NOT** include Full Liquids like Milk, Orange Juice, Ice Cream, or Soups and absolutely **NO SOLID FOODS** at all. **STOP** the Clear Liquids after **2-3am** for am procedures and **4-5 hours** before pm procedures. **Hydration** is important the day before the Colonoscopy and drink plenty of **Clear/Thin Liquids** the day before.
- 2) You **can** go outside the house to **work** or anywhere else while on the **Clear Liquid Diet** but get home early evening for the Laxatives doses to be described below.
- 3) You **will** need someone to **Drive** you the day of the procedure. Most are here ~2.5-3.5 hours. We will **NOT** be able to do your Sedated Procedure without someone here to drive you home or to **be with you** if you take other transportation such as Uber or Bus. We **strongly** recommend they stay close in the immediate area during your procedure.
- 4) If you are on **Insulin** or a **Blood Thinner** stronger than Aspirin, then ask your MD about instructions on these medications **well before** the Colonoscopy so we can adjust them.

DATE OF PROCEDURE - TBD - Check in to our Main Office Desk in **Suite 550**.

TENTATIVE TIME TO COME TO OFFICE 12:30PM (someone will call you 1-2 days prior to tell you the exact time to show up for the Colonoscopy)

PLENVU PREP INSTRUCTIONS (DISREGARD any instructions inside the Plenvu box and follow the instructions below)

Mix contents of the **Plenvu** Dose 1 pouch with at least 16 ounces water until completely dissolved then drink over 30 minutes at: **8:00PM Night Before**
Refill the 16 ounce container with Clear Liquid and drink within 30 minutes.

Mix contents of **Plenvu** Dose 2 (Pouch A & Pouch B) with at least 16 ounces water until dissolved then drink over 30 minutes at: **8:00AM Morning Of**
Refill the 16 ounce container with Clear Liquids and drink within 30 minutes.

See page for **Tap Water Enema** instructions. Do Enema's **1-3 hours** prior to coming in for your Colonoscopy. **Cancellation** of Colonoscopy must be received at least **72 hours** before to avoid a **\$100 no show fee**. Please be considerate of other patients who may need your slot. We need to know early in order to schedule them.