

General Procedure Information

Please read these instructions two weeks before your procedure

Arrange to have a driver come with you and remain in the waiting area during your test. You may not take a taxi. Your driver must drive you home.

Laxative Prep Method

*Follow these instructions. **Do NOT follow instruction on or inside the box of your prep kit.**

For PLENVU Prep Split Dose you will need to Purchase:

1. PLENVU-Prep Kit (prescription required)
2. Clear liquid beverages/products (NO Red or Purple)

General Instructions

2 weeks before procedure

-Stop taking all herbal products

1 week before procedure

- Stop taking aspirin, NSAIDS and any products containing aspirin such as Aleve, Ibuprofen, etc. You may take Tylenol (acetaminophen)
- Stop taking blood thinners **3, 4, or 5 days** prior to procedure or as approved by your prescribing physician.
- Stop multi-vitamins, Vitamin E, Iron, Fish oil supplements, nuts and seeds.

Days before your procedure

- Purchase supplies listed above.
- Read through these instructions
- Expect a call from anesthesia department to discuss your medical history.

**If you have Diabetes, read and follow the special instructions for patients with Diabetes*

Questions?

Please see frequently asked questions first. If you still have questions, call 770-719-3240.

Day before Procedure

Date: _____

DIET INSTRUCTIONS

You may only have CLEAR LIQUIDS the entire day before your procedure. **NO SOLID FOODS** should be eaten during the entire day.

Example of CLEAR LIQUIDS strained fruit juices (apple, white grape, white cranberry), Limeade, Lemonade, Coffee/Tea (No Creamer including non-dairy creamers), clear broth or bouillon, gelatin desserts without added fruit or whipped topping. AVOID RED and PURPLE liquids, including food dye. AVOID MILK and ALCOHOLIC beverages.

LAXATIVE PREP INSTRUCTIONS

-5 pm: Use the mixing container to mix contents of the Dose 1 pouch with at least 16 oz of water by shaking or using a spoon until it is completely dissolved. This may take up to 2 to 3 minutes. Take your time- slowly finish the dose within 30 minutes. Drink **ALL** of the solution.

-Refill the container with at least 16 oz of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

-Continue to drink clear liquids until bedtime. ***The more hydrated you are, the better the prep results.**

Day of Procedure

Date: _____

You may have **NO** smokeless tobacco (dip, chew, etc.) or marijuana on this day.

LAXATIVE PREP INSTRUCTIONS

- 6 hours BEFORE LEAVING for the procedure: Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 oz of water by shaking or using a spoon until it is completely dissolved. This may take up to 2 to 3 minutes. Take your time- slowly finish the dose within 30 minutes. Drink **ALL** of the solution.

-Immediately refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

- Put nothing else in your mouth except a small sip of water with your heart, blood pressure or seizure medication.

- You must have NOTHING in your mouth 4 hours prior to your procedure. *This means NO water, ice chips, gum, candy, cough drops, etc.*

***Any contents in your stomach could come up, getting into your lungs while under anesthesia.

GENERAL INSTRUCTIONS

- You may brush your teeth and gargle prior to your test.

- DO NOT wear body LOTION or body JEWELRY. Please remove all piercings (tongue, cheek, nose, etc.) prior to your arrival.

- You **MUST** have a driver who remains on the hospital campus while your procedure is being performed.

- Failure to follow these instructions may cause your procedure to be delayed or cancelled.