LOCATION:

1) GI NORTH ENDOSCOPY 4150 Deputy Bill Cantrell Memorial Rd Ste 200 Cumming, Ga. 30040 (Park at lower level)

2) Northside Hospital-Forsyth, 1200 Northside Forsyth Drive Cumming, Ga. 30041 (pt. services- located at back entrance of hospital)

PLENVU BOWEL PREP FOR COLONOSCOPY (SPLIT DOSE)

****FOLLOW THESE INTRUCTIONS AND NOT THE ONES ON THE BOX****

REFER TO INSTRUCTIONS IN PACKET YOU WERE SENT FOR TIMES AND DATES

Please inform your doctor if ANYTHING HAS CHANGED WITH YOUR HEALTH OR MEDICATIONS SINCE YOUR LAST VISIT.

- Please leave **ALL** jewelry and electronic devices at home **(cell phones, smart watches, Fitbits)**
- **Drivers MUST be 18 years or older and MUST** check-in at front desk before the pt. will be taken back **(they may return to their car but CANNOT leave the property). PLEASE ARRIVE ON TIME.**

5 DAYS BEFORE THE PROCEDURE

- **Do not eat** fruits (including dried fruit), corn, beans, all nuts, popcorn, quinoa or any food with seeds.

1 DAY BEFORE THE PROCEDURE

- **NO SOLID FOOD ALL DAY – ONLY A CLEAR LIQUID DIET (NO RED OR PURPLE color)** Upon waking in the morning, immediately begin a clear liquid diet, including:
    - Water, clear broth, coffee or tea (without milk or creamer)
    - Sport Drinks such as Gatorade, PowerAde, Propel or Vitamin Water (NO RED OR PURPLE)
    - Fruit flavored drinks such as Crystal Light, Kool-Aid, Capri Sun (NO RED OR PURPLE)
    - Apple juice, white cranberry juice, carbonated beverages or soda (NO RED OR PURPLE)
    - JELL-O, Italian ices, ice popsicles, sorbet, hard candy (NO RED OR PURPLE),
    - **NO juice with PULP or MILK of any kind (Soy, Silk, Almond, Oat, Coconut…to name a few).**
- **BOWEL PREP INSTRUCTIONS:**
    - At 6pm, mix ONE packet as directed on the box. Drink the entire contents of the solution. Then, at your own pace over the next 5 hours, drink at least (5) 8oz cups of clear liquids.
    - Continue clear liquid diet until midnight. DO NOT EAT ANY SOLID FOOD. NO ALCOHOLIC BEVERAGES. **DO NOT USE CHEWING TOBACCO AFTER MIDNIGHT.**

DAY OF THE PROCEDURE

****NO SOLID FOOD- CLEAR LIQUIDS AND PREP ONLY!!!**

- **FIVE HOURS** prior to your scheduled procedure time, mix the last TWO packets of PLENVU as directed on the box. Drink the entire contents of the solution. Then over the next 1 HOUR drink at least (5) 8oz cups of clear beverages.

- **DO NOT DRINK ANYTHING OR EAT ANYTHING AFTER TIME LISTED ON PROCEDURE FORMS GIVEN TO YOU .**

DIABETIC PATIENTS:

- If you take **ORAL** diabetic medication HOLD according to directions given during pre-procedure phone call

- If you take **INSULIN**, take ½ the regular evening dose (on the night of prep) and nothing in the morning of the procedure. Monitor blood sugar carefully
- If you have an **INSULIN PUMP**, turn it off the morning of the procedure and monitor blood sugar carefully

OTHER MEDICATIONS:

- Take all heart and blood pressure medications with a tiny sip of water as usual the morning of your procedure
- If you take weight loss medications, hold as directed at your office visit
- IF YOU TAKE A BLOOD THINNER, BE SURE YOU HOLD IT AS DIRECTED BY YOUR CARDIOLOGIST BEFORE THE PROCEDURE
- If you have a medication hold question, call the pre-procedure line at (404)446-0600 ext. 235 or 250

- **EXTENDED PREP: Your provider has ordered an EXTENDED PREP for you due to either constipation, gastric delay, or a previous inadequate prep. You will start clear liquids TWO DAYS before your procedure. In addition, you will take one tablespoon of Miralax daily, as directed 1-4 times per day for 7 days prior to your procedure day. Taper as needed, ideally you will have a good bowel movement at least once or twice a day before the colonoscopy.**
- **CONSTIPATED PREP: Your provider has ordered a CONSTIPATED PREP for you due to either constipation, gastric delay, or a previous inadequate prep. You will take one tablespoon of Miralax daily, as directed 1-4 times per day for 7 days prior to your procedure day. Taper as needed, ideally you will have a good bowel movement at least once or twice a day before the colonoscopy.**

**After thoroughly reading instructions above- if you have any questions, please do not hesitate to call our nursing staff at (404)-446-0600.