

PLENVU

Bowl Prep Instructions

Date of Procedure: _____ Arrival Time: _____

DDSI Endoscopy Center North
Baptist Physicians Bldg D
3366 NW Expressway, Ste 400
Oklahoma City, OK 73112

Baptist Medical Center
3300 NW Expressway
Oklahoma City, OK 73112
Check-In at Out-Patient Registration

DDSI Endoscopy Center South
4201 S. Western Ave.
Oklahoma City, OK 73109

READ ALL INSTRUCTIONS UPON RECEIPT

7 DAYS PRIOR:

- If you have not received your PLENVU preparation, please call our office at 405-702-1300.
- The following are risk factors for a poor colonoscopy prep: diabetes, obesity, gastroparesis, chronic constipation, prior colon resection, narcotic use, tricyclic antidepressant use, or a prior poor colonoscopy prep. If you have two or more of the above risk factors, then purchase a 119-gram bottle of MiraLAX from your pharmacy.
- Purchase a package of eight Simethicone 250 mg soft gels from your pharmacy.
- If you are taking a blood thinning medication, follow your doctor's instructions on holding or continuing this medication.
- **STOP** all stool formers (*Metamucil, Fibercon, Citrucel*), bile acid sequestrants (*Cholestyramine, Cholestipol, Colesevelam*), vitamins and iron.
- **STOP** the following diabetic or weight loss injections: *Mounjaro, Zepbound, Wegovy, Ozempic, Trucility, Saxenda, Victoza, Byureo, and Byetta*.

4 DAYS PRIOR:

- **STOP** eating: seeds, nuts, vegetables, fruits, meat and whole grains. The following foods are OK to eat: white bread, white rice, pasta, chicken, fish, creamy peanut butter, milk, cheese, and yogurt without nuts.
- **STOP** all NSAID's (*Advil, Aleve, Celebrex, Ibuprofen, Midol, Mobic, Motrin, and Naproxen*); Tylenol OK to use.
- If you have two or more of the above risk factors for a poor colonoscopy prep, then take one scoop of MiraLAX (17 grams) **twice daily** for the next three (3) days.

1 DAY PRIOR:

- Only consume clear liquids.
- Do not eat solid food until after your procedure.
- No milk or milk products, no soy or non-dairy creamer, no juice pulp, no alcohol, and nothing red or purple in color.
- Drink at least eight – 8oz glasses of clear liquid (64 oz) during the day prior to starting your prep.
- PLENVU comes with three (3) powder pouches labeled: **DOSE 1 – Pouch A; DOSE 2- Pouch A & Pouch B**

EVENING PRIOR TO COLONOSCOPY AT 5PM:

- Mix **Dose 1 (Pouch A)** of Plenvu in mixing container with 16oz of water (up to fill line).
 - Put lid and shake until completely dissolved. Sip over 30 minutes.
- Slowly drink another 16oz of clear liquid within 30 minutes.
- Drink 5 cups of clear liquid (8 oz each) over 5 hours.

David A Neumann II, M.D.

(405) 702-1300 | 3366 NW Expressway, Bldg D, Suite 400 | Oklahoma City, OK 73112

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DAY OF COLONOSCOPY: 5 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:

- Take three (3) Simethicone 250 mg soft gels.
 - Mix **Dose 2 (Pouch A & B)** together with 16oz of water (up to fill line).
 - Put lid and shake until completely dissolved. Sip over 30 minutes.
 - Slowly drink another 16oz of clear liquid within 30 minutes.
 - Drink 4 or more cups (8 oz each) of clear liquid.
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3 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:

- Stop drinking all liquids.
 - Take all other medications with a small sip of water at least 3 hours prior.
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NO CHEWING TOBACCO, GUM or SMOKING (CIGARETTE, CIGAR, PIPE, MARIJUANA, VAPOR):

- Do NOT chew tobacco, gum or smoke on the date of the procedure, until after your procedure.
 - Nicotine Patch OK.
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TRANSPORTATION:

- Bring someone with you that can safely drive you home. No taxi's, ride shares or public transportation, unless you are accompanied by a family member or friend.
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BRING THE FOLLOWING TO YOUR PROCEDURE:

- Insurance Card/Photo ID.
 - Completed Patient History Intake Form and List of Current Medications.
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CANCEL OR RESCHEDULE:

- Please let us know at least 3 business days prior to your appointment if you need to cancel or reschedule to avoid a late notice fee.
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CALL 405-702-1300 IF YOU HAVE QUESTIONS

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