

Performing Physician _____

Arrival Time _____

AM Bowel Preparation with PLENVU

- **You must be accompanied by a friend or relative to drive and assist you home. We WILL NOT discharge you** to a cab, bus, uber or other transportation service **without** a responsible party with you. You may not drive until the day after your procedure.

Special Instructions Regarding Medications

- If you are on an **anticoagulant/blood thinner** our nurse will contact you with instructions after contacting your prescribing physician. If you have not heard from the nurse 1 week prior to your procedure please contact our office.
- **Do Not** take **Iron supplements** for **one week prior** to the procedure date. Multivitamins are OK.
- **Diabetic patients:** _____
- **Do Not** take **Water Pill/Diuretic** (Lasix (furosemide), HCTZ (Hydrochlorothiazide), Dyazide, Diovan HCT, Spironolactone), **on the day of the procedure**
- **Heart/Blood Pressure/Thyroid/Seizure/Anxiety Medications** can be taken **on the day of the procedure** with a sip of water.
- **Stop Effexor one day before** the procedure (if applicable)
- **Asthmatic patients** should bring their **INHALERS** with them on the day of the procedure
- **Do not use Cannabis 12 hours prior to procedure**
- **All Facial Piercings MUST be removed prior to procedure**

THE DAY BEFORE YOUR PROCEDURE

IMPORTANT NOTE: follow the instructions below, NOT the instructions on the prep's packaging

- **DO NOT EAT ANY SOLID FOODS. YOU MAY ONLY HAVE CLEAR LIQUIDS**
- Take all of your normal prescription medications, **unless advised otherwise.**
- **At 4 pm** - yes no Take 2 Dulcolax (Bisacodyl) Laxative tablets with water **2 hours** before first dose of prep
- **At 6 pm** – Empty Dose Packet 1 into provided mixing container, fill to line with water (16 oz) place lid back on container and mix until completely dissolved (2-3 min). Drink entire contents of mixing container over 30 minutes.
- Rinse mixing container and refill to the line with clear liquids and drink entire contents over 30 minutes. Rinse and keep container for second dose.

DAY OF YOUR PROCEDURE

- **At 12 am Midnight -**
- Dose 2: Empty Pouch A and Pouch B into mixing container, fill to line with water (16 oz) place lid back on Container and mix until completely dissolved (2-3 min). Drink entire contents of mixing container over 30 minutes. Do not Rush to drink the container, it may cause bloating.
- Rinse mixing container and refill to the line with clear liquids and drink entire contents over 30 minutes.

All prep and clear liquids MUST be completed by 2:30am. No additional liquids, hard candy, chewing gum after 2:30am.

Prep instructions, patient forms, and FAQ's can also be found on our website:
Westchesterendocenter.com

General or reschedule questions call 610-431-3122