

****PLEASE READ all of the directions thoroughly to ensure you have a successful test. If you do not follow this sheet completely, your procedure may be cancelled, and you will have to go through this process again. *****

1. Pick up prep from the drug store. **Follow THIS instruction sheet. Do NOT follow the box instructions.**
2. You **MUST have a driver for the day.** You will be sedated and not be allowed to drive until the next day. TAXI's and UBER's are not allowed. **Your driver will need to arrive with you to sign a form stating where they will be located during and after the procedure.**
3. **STOP** all iron supplements **7 days before** procedure.
4. **STOP** blood thinners Plavix/clopidogrel, Coumadin/warfarin, Brilinta/tricagrelor, Pradaxa/dabigatran, Pletal/cilostazol and Effient/prasugrel **5 days before** the test.
5. **STOP** blood thinners Xarelto/rivaroxaban and Eliquis/apixaban **2 days before** the test (48 hours).
6. **STOP** Advil, Aleve, Naproxen, Mobic (meloxicam) or any other anti-inflammatory meds **3 days before**. Tylenol (acetaminophen) is fine to take. You may continue taking your aspirin.
7. **STOP** all GLP-1 injections (weight loss shots) and **once a week insulin shot** for **7 days before** test

*This includes injections of Mounjaro (tirzepetide), Zepbound, Ozempic (semaglutide), Wegovy, Victoza (liraglutide), Trulicity (dulaglutide), and Ryblesus (semaglutide), Saxenda (liraglutide)- **Stop 7 days before**.
8. **STOP** weight loss tablets such as Adipex (phentermine) **7 days before** test.
9. **STOP** GLP-1 tablets such as Rylesus (semalutide) and Wegovy (semalutide) tablets **2 days before** the test.
10. If you see a **cardiologist every 3-6 months OR have any upcoming heart tests or appointments**, please notify the scheduler to ensure we can get a cardiac clearance in time.
11. We ask that **if you need to reschedule, please do at least 96 hours before your test** or there is a \$100 no show fee. If you do not show up for your appointment, you may need to pay the \$100 fee before you are rescheduled.

The day before your test:

You can have a small breakfast and lunch. (crackers, soup, smoothie)...

****Absolutely NO solid food for dinner. Clear liquids ONLY****

- **NO** milk products, **NO** dairy, **NO** alcohol
- Keep yourself well hydrated by drinking as much fluid as you can during the day.
- **Suitable clear liquids:**
 - ♣ Gatorade or any sports drinks
 - ♣ Black coffee (no creamer or milk of any kind)
 - ♣ Clear fruit juices (white grape, white cranberry, apple juice-NO PULP)
 - ♣ Any kind of soda (Coke, Diet Coke, Dr. Pepper, Ginger ale, etc.)
 - ♣ Broth (chicken, beef, vegetable- as long as there are no noodles or actual meat)
 - ♣ Jello- the jiggly kind (not pudding). Flavors can include lemon, orange, pineapple, and lime. Stay away from the red or purple colors.
 - ♣ Popsicles or Italian Ice (stay away from red or purple colors)

6 PM: Pour Dose 1 Plenvu packet into provided container and add water to fill line. Mix with spoon or place top on and shake until completely dissolved. Drink the entire contents of the container within the next 30 minutes. Rinse mixing container with water and add clear liquids to fill line, and drink contents within the next 30 minutes. [May chill for 6 hours or pour over ice before drinking.]

The morning of your test:

7 AM: Rinse container with water, and pour Dose 2 pouch of the Plenvu A & B in container. Add water to fill line. Mix with spoon or place top on and shake until completely dissolved. Drink the entire contents of the container within the next 30 minutes. Rinse mixing container with water and add clear liquids to fill line, and drink contents within the next 30 minutes. NOTHING AFTER 8:30!!!

- **NO SOLID FOOD TODAY**
- **NO ALCOHOL TODAY**
- **NO TOBACCO PRODUCTS OF ANY KIND TODAY (no vaping, chewing, smoking, dipping)**
- **NO GUM OR MINTS TODAY**

- You may take your morning medication (Blood pressure, heart, seizure, anxiety, depression medications)

ALL LIQUIDS NEED TO BE COMPLETED BY 8:30!!!! This is very important!

***TIP:** You may get nauseated or vomit. If you are nauseated, drink a good tasting clear liquid and give yourself a few minutes to let the nausea pass. You must continue drinking until the prep is gone.*

***Remember that a clean colon is critical for a complete test. If you still have stool in your colon, the doctor will have to stop the test and a repeat colonoscopy will have to be done.

If you are a diabetic:

- ♣ Do **not** take your oral diabetic medications (tablets) on the morning of your test.
- ♣ If you take insulin, please follow the instructions below:
 - Check your blood sugar the morning of test
 - **If it reads below 70 = hold morning dose of insulin**
 - **If it reads between 70 and 250 = take ½ dose of morning dose**
 - **If it reads above 250 = take full dose of morning insulin**
 - **If your blood sugar is dropping too low, call our office for further instructions**

Absolutely nothing but a sip of water today with medication!!!

****Other important reminders**:**

- You can brush your teeth, just spit out the water.
- Please bring a list of your prescription medications. No need to bring the bottles into the building. We ask that the name of medication, dose, and how often you take it is on the list.
- Arrive at your scheduled time. **ONLY ONE PERSON IS ALLOWED TO ACCOMPANY YOU INTO THE BUILDING AT ONE TIME.**
- Please bring information cards for any implanted devices, such as pacemaker, defibrillator, or nerve stimulator (if applicable)
- Please bring your driver's license and insurance card.
- **PLAN ON BEING HERE FOR 1 1/2 TO 4 HOURS.**
- Please leave your jewelry at home, otherwise you will be asked to remove it upon arrival. You may keep your hearing aids in. Oral and nasal jewelry must be removed.
- **DO NOT SMOKE, VAPE, DIP, or use any "pouches" on the day of your procedure!**
- **NO MARIJUANA.. THIS IS VERY IMPORTANT!!!!!!**
- Please bring CPAP machine if you have sleep apnea
- If you have the Inspire implant for sleep apnea, please bring the remote with you.
- Vaseline and flushable wipes are a great idea to help with irritation.

Please call 662-234-9888, option 4 if you have any questions