

Plenvu Preparation for Colonoscopy

Please purchase:

- 8 tablets of Dulcolax (bisacodyl) Over the counter laxative.
- 4 Simethicone chewable tablets Over the counter gas relief.
- 1 Plenvu prep kit – this prescription will be sent electronically to the pharmacy we have on file.
- {Active PLENVU Savings card that may reduce the patient's copay. See information printed on back page}

Your procedure is scheduled on: _____ **Please arrive at:** _____

☐ **Advanced Digestive Center of Southern California (ADCSC)** 555 Marin Street Suite 270-A Thousand Oaks 91360
(805)719-0244 *ADCSC is in-network with Anthem Blue Cross PPO ONLY

☐ **Los Robles Hospital GI Lab** 215 West Janss Road Thousand Oaks CA 91360 (805)370-4376

*Please call Conejo Los Robles Anesthesiology group prior to your procedure at (805)578-8300

*Please call to pre-register 3 days prior to your procedure by calling Los Robles Hospital at (844)761-2744 between 8:30AM and 5PM

If you cancel or reschedule, please make us aware no less than 5 business days in advance by calling (805)719-0244. If any changes to your appointment are made within 5 business days, a \$250 cancellation fee and/or a \$75 rescheduling fee may apply.

Preparation Instructions:**Two days before your procedure:**

- Drink 64 oz of water throughout the day to make sure you are hydrated prior to starting the Prep.
- 8 pm take 2 Dulcolax (bisacodyl) tablets with 16 oz water.

One day before your procedure:

- At 8 AM take 2 Dulcolax (bisacodyl) tablets with 16 oz water
- Drink 64 oz of water throughout the day, in addition to clear liquid meals.
- Clear liquids ONLY all day today, NO SOLID FOOD WHATSOEVER.
 - Clear broth (chicken or beef), water, apple juice, white cranberry juice, white grape juice, coconut water (NO pulp), ginger ale, Jell-O (yellow or clear ONLY), clear protein drinks
 - **NO MILK, NO JUICES WITH ANY PULP**
 - **NO RED, ORANGE, BLUE, GREEN, OR PURPLE DYES**
- At 5:45 pm take 2 Dulcolax (bisacodyl) tablets with 16 oz water
- At 6 PM take 2 Simethicone chewable tablets and begin Plenvu prep
 - Use a mixing container to mix dose 1 pouch with 16 oz of water and mix well until the powder is completely dissolved. This may take 2 to 3 minutes
 - Take your time and slowly finish the dose within 30 minutes
 - Refill the container with 16 oz of clear liquid of your choice. Slowly finish within 30 minutes
 - Continue to drink clear Liquid Diet throughout the evening (NO SOLID FOODS).
- At **8 PM** if you have NOT had a bowel movement at this point, please call Dr. Simoni (805)719-0244
- **DO NOT EAT OR DRINK ANYTHING AS OF MIDNIGHT, EXCEPT FOR THE SECOND PORTION OF YOUR PREP**
- At _____ **AM** take 2 Dulcolax (bisacodyl) tablets with 16 oz water and take 2 Simethicone chewable tablets. Start drinking the Second portion of the Plenvu prep.
 - Use the mixing container to mix contents of Dose 2 (Pouch A and Pouch B) with 16 oz of water and mix well until the powder is completely dissolved. This may take 2 to 3 minutes
 - Slowly finish the dose within 30 minutes
 - Refill container with 16 oz of water then slowly finish within 30 minutes
- You may take your usual heart and/or blood pressure medications in the morning with a small sip of water, any other medications can wait until after your procedure.
- **DO NOT consume ANYTHING by mouth from this point forward.**

Products to Avoid

Five days prior to your procedure: Stop smoking, stop aspirin products, iron supplements, ginkgo biloba, ibuprofen, and/or any anti-inflammatory products. Weight Loss Injectables such as, Glucagon-like peptide-1 (GLP-1) receptor agonists like Ozempic (semaglutide, exenatide, liraglutide), Trulicity (dulaglutide), Tirzepatide (Mounjaro, Zepbound), Lyxumia (lixisenatide).

Day or Week prior to the procedure:

- Hold BLP-1 agonists on the day of the procedure for patients who take the medication daily.
- Hold GLP-1 agonists a week prior to the procedure for patients who take the medication weekly.
- Patients who are taking GLP-1 agonists for diabetes should consult their endocrinologist or prescribing physician to help control their condition and prevent perioperative hyperglycemia.

If you have diabetes or have been instructed not to stop any medications by your physician, please contact your prescribing physician to see how long you will need to be off this medication – typically three to five days is recommended. Please continue all other medications as ordered.

Some products containing aspirin or other drugs may increase your risk of bleeding. These products are listed below. Please avoid these products starting five days prior to your procedure, unless otherwise instructed by your doctor. If a biopsy is performed, abstain from aspirin products for five days after your procedure as well.

8-hour Bayer Timed Release Aspirin Tablets	Equagesic – all products
Advil – all products	Excedrin Extra Strength – all products
Alka-Seltzer – all products	Fish Oil
Alleve – all products	Florinal
Anacin – all products	Florinal with Codeine
Arthritis Pain Formula	Goody's Headache – all products
Arthritis Strength Bufferin	Ibuprofen – all products
Arthropan Liquid	Magsal
Ascriptin – all products	Maximum Bayer Aspirin – all products
Aspergum	Mobigesic – all products
Aspirin – all products	Momentum – all products
Baby Aspirin – all products	Motrin IB – all products
Bayer Plus	Naprosyn – all products
BC Cold Powder	Norgesic – all products
BC Powder	Norgesic Forte – all products
Buffaprin – all products	Nuprin – all products
Bufferin Extra Strength – all products	OMEGA 3
Bufferin – all products	P-A-C Analgesic – all products
Carna Arthritis Pain Reliever	Peptobismol – all products
Celebrex	Plavix
Coumadin	Pradaxa
Darvon Compound 65	Sine-off Aspirin formula – all products
Dasin	Soma Compound
Disalcid – all products	St. Joseph Adult Chewable Aspirin
Doan's	Talwin Compound – all products
Duradyne	Therapy Bayer – all products
Easprin	Trigesic
Ecotrin – all products	Vanquish – all products
Empirin with Codeine	Vioxx
Enoxaparin	Warfarin

For any pain, we recommend TYLENOL ONLY, unless directed otherwise by Dr. Simoni or Fernanda. If you have any questions or concerns, please do not hesitate to contact us at 805-719-0244. Thank you.

Clear Liquid Diet

Definition

A clear liquid diet consists of clear liquids, such as water, broth and plain gelatin, that are easily digested and leave no undigested residue in your intestinal tract. Your doctor may prescribe a clear liquid diet before certain medical procedures or if you have certain digestive problems. Because a clear liquid diet can't provide you with adequate calories and nutrients, it shouldn't be continued for more than a few days.

Purpose

A clear liquid diet is often used before tests, procedures or surgeries that require no food in your stomach or intestines, such as before colonoscopy. It may also be recommended as a short-term diet if you have certain digestive problems, such as nausea, vomiting or diarrhea, or after certain types of surgery.

Diet details

A clear liquid diet helps maintain adequate hydration, provides some important electrolytes, such as sodium and potassium, and gives some energy at a time when a full diet isn't possible or recommended.

The following foods are allowed in a clear liquid diet:

Plain water	Plain gelatin
Clear, fat-free broth (bouillon or consommé)	Strained lemonade
Clear sodas	Honey
Ice pops without bits of fruit or fruit pulp	Tea without milk or cream

Fruit juices without pulp, such as apple juice, grape juice or cranberry juice, ISOPURE Protein drinks (available at GNC)

Any foods not on the above list should be avoided. Also, for certain tests, such as colon exams, your doctor may ask you to avoid liquids or gelatin with coloring. A typical menu on the clear liquid diet may look like this.

Breakfast:

1 glass fruit juice
1 cup tea (without dairy products)
1 cup broth
1 bowl gelatin

Snack:

1 glass fruit juice
1 bowl gelatin

Lunch:

1 glass fruit juice
1 glass water
1 cup broth
1 bowl gelatin

Snack:

1 ice pop (without fruit pulp)
1 cup coffee or tea (without dairy products) or a soft drink

Dinner:

1 cup juice or water
1 cup broth
1 bowl gelatin
1 cup coffee or tea

Results

Although the clear liquid diet may not be very exciting, it does fulfill its purpose. It's designed to keep your stomach and intestines clear, limit strain to your digestive system, but keep your body hydrated as you prepare for or recover from a medical procedure.

Risks

Because a clear liquid diet can't provide you with adequate calories and nutrients, it shouldn't be used for more than a few days. Only use the clear liquid diet as directed by your doctor. If your doctor prescribes a clear liquid diet before a medical test, be sure to follow the diet instructions exactly. If you don't follow the diet exactly, you risk an inaccurate test and may have to reschedule the procedure for another time.