



DIABLO DIGESTIVE CARE

400 TAYLOR BLVD, SUITE 304
PLEASANT HILL, GA 30452
OFFICE: (925) 363-0069
FAX: (925) 363-0077
WWW.DIABLODIGESTIVECARE.COM

COLONOSCOPY INSTRUCTIONS (PLENVU)

SURGERY CENTER:

PROCEDURE DATE & TIME: _____ ARRIVAL TIME: _____

THE **KEY** TO A SUCCESSFUL PREPARATION IS **FLUIDS** BEFORE & DURING PREP SOLUTION

5 DAYS PRIOR: DISCONTINUE

- FIBER AGENTS:
 - METAMUCIL, CITRUCEL, FLAX, ETC.
- MEDICATION:
 - ORAL IRON, ASPIRIN, NSAIDS (IBUPROFEN, ADVIL, MOTRIN, ALEVE, ETC.)
- BLOOD THINNERS
 - COUMADIN (DISCUSS WITH DR. CHAHAL IF A LOVENOX BRIDGE IS REQUIRED)

3 DAYS PRIOR: DISCONTINUE

- BLOOD THINNERS:
 - ELIQUIS, PRADAXA, XARELTO

1 DAY PRIOR: NO SOLID FOOD, ONLY CLEAR LIQUIDS (FOR ENTIRE DAY)

- COFFEE, TEA, WATER, GATORADE, JUICES, BROTH, JELL-O, ETC.
 - AVOID RED OR PURPLE DRINKS
 - AVOID MILK PRODUCTS

EVENING PRIOR (5-6 PM): START YOUR PLENVU PREPARATION

- USE THE PROVIDED MIXING CONTAINER TO MIX CONTENTS OF **DOSE 1 POUCH** WITH AT LEAST 16 OZ OF COLD WATER BY SHAKING UNTIL COMPLETELY DISSOLVED. THIS MAY TAKE 2 TO 3 MINUTES. TAKE YOUR TIME – SLOWLY FINISH THE DOSE WITHIN 30 MINUTES.
- REFILL THE CONTAINER WITH AT LEAST 16 OUNCES OF CLEAR LIQUID. AGAIN, TAKE YOUR TIME AND SLOWLY FINISH ALL OF IT WITHIN 30 MINUTES.

MORNING OF (5-6 AM): FINISH YOUR PLENVU PREPARATION

- USE THE MIXING CONTAINER TO MIX CONTENTS OF **DOSE 2 (POUCH A & POUCH B)** WITH AT LEAST 16 OZ OF COLD WATER BY SHAKING UNTIL COMPLETELY DISSOLVED. THIS MAY TAKE 2 TO 3 MINUTES. TAKE YOUR TIME – SLOWLY FINISH THE DOSE WITHIN 30 MINUTES.
- REFILL THE CONTAINER WITH AT LEAST 16 OUNCES OF CLEAR LIQUID. AGAIN, TAKE YOUR TIME AND SLOWLY FINISH ALL OF IT WITHIN 30 MINUTES.

2 HOURS PRIOR:

- **ALL FLUIDS MUST BE CONSUMED**
 - MAY HAVE TO START PREP EARLIER IF EARLY PROCEDURE SCHEDULED
- **NOTHING BY MOUTH**

AFTER YOUR PROCEDURE:

- DR. CHAHAL WILL SPEAK WITH YOU REGARDING YOUR RESULTS
- A RESULT LETTER WILL BE EMAILED TO YOU WITHIN TWO WEEKS
 - IF YOU DO NOT RECEIVE A LETTER CONTACT OUR OFFICE
- **YOU MUST HAVE SOMEONE TO DRIVE YOU HOME**
 - NO FACILITY WILL ALLOW A PROCEDURE WITHOUT AN IDENTIFIABLE ESCORT AVAILABLE

***PLEASE CALL OUR OFFICE (925) 363-0069 FOR ANY QUESTIONS OR ISSUES