



Colonoscopy Prep Instructions: PLENVU

Gastro Center of Maryland

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FOLLOW THESE INSTRUCTIONS EXACTLY. If you have questions, call the nurse line for your location.

WHAT IS A COLONOSCOPY?

A colonoscopy is an examination of the colon (large intestine) with a flexible tube about the thickness of your pinkie finger, which transmits a live color image onto a television screen. For the procedure to be successful, your colon must be completely clean. If it is not adequately prepared, the procedure will need to be rescheduled.

- Provide us with an updated medication list at least 14 days prior to your procedure.
- Pick up your **PLENVU prescription** at your pharmacy. Do not wait until the day before.

1 WEEK BEFORE

- Obtain any medical clearances prior to scheduling procedure, if applicable
- Stop **NSAIDs and Iron** 5 days before: Ibuprofen (Advil, Motrin), Naproxen (Aleve, Naprosyn), Aspirin (Bayer, Ecotrin, Miniprin), Diclofenac (Voltaren, Cambia), Celecoxib (Celebrex), Meloxicam (Mobic), Indomethacin (Indocin), Ketorolac (Toradol), and others. **Tylenol (acetaminophen) is OK.**
- Check your medications.** If you are taking **blood thinners** (Coumadin, Warfarin, Eliquis, Brilinta, Clopidogrel, etc.) or **GLP-1/weight loss medications** (Ozempic, Wegovy, Mounjaro, Zepbound, Saxenda, Victoza, Trulicity, Byetta/Bydureon, Adlyxin, Phentermine), **STOP these 7 days before your procedure.**

3 DAYS BEFORE

- Stop all vitamins and supplements. Minimize fiber: Avoid beans, peas, corn, popcorn, nuts, tomatoes, cucumbers, pickles, sesame seeds, strawberries, watermelon, oatmeal, kiwi, grapes, and other foods with small seeds or skins.
- Hold SGLT2 Inhibitors:** Canagliflozin (Invokana), Dapagliflozin (Farxiga), Empagliflozin (Jardiance), Ertugliflozin (Steglatro), Sotagliflozin (Inpefa).

1 DAY BEFORE

MORNING — When you wake up

- Do not eat any food** from the time you wake up. Drink only **clear liquids** all day. See the clear liquids chart below.
- Hold oral GLP-1 medications (e.g., Rybelsus), Metformin & Glyburide today.**

5:00 PM — Start Dose 1 (Evening Prep)

- Pour packet labeled **Dose 1** into the container provided in the kit. Add drinking water to the fill line on the container. Stir until dissolved. Drink ALL of the liquid.
- After finishing Dose 1, fill the container to the fill line with water and drink 16 oz. Repeat once more for a total of **32 oz of water within 1 hour.**
- Continue drinking as many clear liquids as possible after completing the above steps. **Nothing by mouth after midnight** except the second dose of prep.

DAY OF YOUR PROCEDURE

5 Hours Before Your Arrival Time — Start Dose 2

Pour the packets labeled **Dose 2 Pouch A and Dose 2 Pouch B** into the mixing container. Add drinking water to the fill line. Stir until dissolved. Drink ALL of the liquid.

After finishing Dose 2, fill the container to the fill line with water and drink 16 oz. Repeat once more for a total of **32 oz of water within 1 hour.**

4 Hours Before Your Arrival Time — Nothing More

Do not eat or drink anything 4 hours before your procedure arrival time. No gum, mints, or hard candy. You may brush your teeth but do not swallow.

Take your morning prescribed medications with a sip of water **UNLESS** otherwise directed by your doctor.

If your stool is not clear (see-through, like yellow water) by your procedure morning, call your location's nurse line immediately.

CLEAR LIQUIDS REFERENCE

Clear Liquids — OK TO DRINK	
Black coffee or tea	Water
Clear juice (apple, white grape, white cranberry)	Sports drinks: Gatorade, Powerade, Propel
Clear soda (Sprite, ginger ale, seltzer)	Jell-O, popsicles, Italian ice
Clear broth (chicken, beef, vegetable)	Kool-Aid, Boost Breeze, iced tea, limeade
ABSOLUTELY NO RED OR PURPLE DYE, DAIRY PRODUCTS, ORANGE JUICE, TOMATO JUICE, GRAPEFRUIT JUICE, ALCOHOL, OR ANYTHING WITH A CREAM BASE.	

TRANSPORTATION & CANCELLATION POLICY

Transportation: You cannot drive or operate machinery after your procedure. You must have a friend, family member, or arranged medical transport. Total time in the office is about 2–2½ hours. Your ride does not need to stay — we will contact them 20–30 minutes before discharge. Uber, Lyft, and taxis **are NOT allowed**. Contact our office if you need a medical transportation service.

Cancellations: We understand that from time to time you may need to cancel an appointment for various reasons. Please observe the rules regarding cancellations.

- Any schedule modification requires at least **5 business days' notice** for procedure appointments.
- Procedure cancellations that are made without appropriate notice are subject to a patient charge of **\$200**.
- If you miss your scheduled appointment without appropriate notice, the above charges will be applied accordingly.

NURSE LINE — CONTACT YOUR LOCATION WITH ANY QUESTIONS

Columbia/Cascades	(410) 913-1666	Olney	(301) 347-8780
Annapolis	(410) 913-1164	Riverdale	(410) 913-0061
Timonium	(443) 367-1144	Rockville	(227) 241-6377

A nurse will call you within 1 week before your procedure to review prep instructions and answer questions.

