

Keith R. Moore, D.O.

Board Certified
Gastroenterologist

Gastroenterology Consultants
of Central Florida, PA

Aniq Shaikh, M.D.

Board Certified
Gastroenterologist

Plenvu Bowel Prep Kit for Colonoscopy

Report to **Florida Hospital East Or University Surgical Center**

You will need a driver to take you to and from facility and must stay at facility.

The day **BEFORE YOUR PROCEDURE**, you will be on a clear liquid diet the entire day. You may drink any liquid that you can hold up to the light and see through (apple juice, ginger ale, Gatorade, soup broth, coffee and tea without cream or sugar, water, soda, popsicles and jello). **NOTHING RED OR PURPLE. **NO SOLID FOOD STARTING IN THE MORNING THE DAY PRIOR TO THE PROCEDURE****

Do not take any oral diabetic meds the day of the prep or the morning of the procedure. If you are on Insulin, take only half of your normal dosage the day of the prep and the morning of the procedure.

Please stop **ALL BLOOD THINNERS AND ASPIRIN PRODUCTS** 5 days prior to procedure.***
TAKE BLOOD PRESSURE AND OTHER MEDICATIONS AS YOU NORMALLY WOULD.

***The day before your colonoscopy at 5pm**, pour dose 1 pouch into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Slowly drink **ALL** of the liquid in the container within 30 minutes. Refill the container with at least 16 oz. of clear liquid and drink within 30 minutes. ***The morning of your colonoscopy at 5am, mix dose 2, pouch A & B and REPEAT EXACTLY AS YOU DID AT 5 PM**

****You must complete the entire prep to ensure the most effective cleansing***

****NO FURTHER INTAKE OF FLUIDS 2 HOURS PRIOR TO THE PROCEDURE.****