

# TEXAS★ENDOSCOPY

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**\*You MUST HAVE TRANSPORTATION from the facility by an adult family member or friend. No taxis, Uber, Lyft, or other public transportation, even no paid/non-paid medical transportation services. IF you do not have this transportation in place when you arrive you will be cancelled for your procedure(s).**

**\*For any questions regarding your Bowel Prep instructions, please call your physician's office:  
McKinney Office is 972-562-4430                      Plano Office is 972-.943-9094**

## PLENVU® Preparation Instructions for Colonoscopy

### 7 Days Prior to Procedure:

#### ☐ **MEDICATION INFORMATION:**

- ☐ **IF you are taking these medication on a weekly basis for weight loss you must stop these medication for 7 days prior to the date of your procedure:** Any semiglutide- Ozempic®, Wegovy®, Trulicity®, Bydureon®, Mounjaro®, Zepbound®. If you have not stopped these medications your procedure will be cancelled.
- ☐ **IF you are taking these medication a daily basis for Diabetes you must stop them the day prior to your procedure:** Rybelsus®, Victoza®, Saxenda®, Byetta®, Invokana®, Steglatro®, Farxiga®, Adlyxin®. If you have not stopped these medications your procedure will be cancelled
- ☐ **IF you are taking Plavix®, Coumadin® (Warfarin®), Lovenox®, Eliquis®, Brilinta® or any other prescribed blood thinner**, it's very important that you notify the nurse at your GI Physician's office for instructions as when to when to **STOP** this medication before your procedure (see numbers above).
- ☐ **IF you are taking a diet medication that contains the product PHENTERMINE® YOU MUST STOP THIS MEDICATION 4 DAYS PRIOR TO YOUR PROCEDURE**
- ☐ **IF you are taking 325mg Aspirin®**, switch to 81mg Aspirin® daily 7 days prior to your procedure and stay on this dose leading up to procedure. If you are already taking 81mg Aspirin®, ***do not*** stop prior to procedure unless specifically instructed by your GI physician or Physician prescribing this medication.
- ☐ **DO NOT eat NUTS and SEEDS** i.e. popcorn, strawberries, etc. for 7 days prior to procedure

PLENVU® BOWEL PREP [Instructions for Colonoscopy this is a two part prep:](#)

### **DAY PRIOR TO YOUR PROCEDURE:**

1. If you have not received your bowel prep prior to the day prior to procedure, please contact your GI Physician's office at one of the numbers above.
  - A)** In addition to your bowel prep, please purchase two containers of 238gm bottles of Miralax® (over the counter laxative)
  - B) The Day Prior to Procedure:**

You **MUST** be on a clear liquid diet **ALL DAY starting as soon as you get up! (NO SOLID FOODS)**

    1. **List of liquids:** Tea, Black Coffee (no creamer), Coke®, Sprite®, diet sodas, chicken or beef Broth, Jell-O®, Popsicles® (Not Fruit Sickles®), apple juice, cranberry juice (natural red), Gatorade®, Powerade®, and water.

2. **Absolutely no RED/PURPLE** products. No Orange Juice, Milk, or Milk Products such as creamers.
3. **You will need to take any Thyroid, Blood Pressure, Seizure, Anxiety medications. Only take a half dose your Diabetic medications.**

**C) The Night Prior to Procedure:**

1. **At 6:00 p.m.**, complete the following steps of part 1 of your 2 part prep using your PLENVU® Kit:
  - a) Mix one pouch of PLENVU® into 16ozs of cool drinking water and mix until completely dissolved Drink ALL liquid in the cup
  - b) Follow with one more 16oz of cool drinking water, all completed within 1 hour.

**D)\*\*If by 9pm you have not had a bowel movement or you are not passing clear yellow liquid (looks like urine) from your rectum, MIX one 238 gram container of Miralax® in 64oz. of water. Drink half (32oz) of this mixture over 1 hour.**

**E)\*\*If by 10pm you're still not passing clear yellow liquids from your rectum, drink the other half (32oz) of mixture over 1 hour.**

**F)\*\*If by 1030pm you have not had any bowel movements by 10:30pm, call our your GI physician's office for the physicians on call.**

**Day of Procedure:**

- A)
    1. **6 hours prior to your procedure:**
      - a) Mix the remaining one pouch of PLENVU® into 16ozs of cool drinking water and mix until completely dissolved. Drink ALL liquid in the cup.
      - b) Follow with one more 16oz of cool drinking water, all completed within 1 hour
    2. **Nothing by mouth 4 hours prior to your procedure except: You may take your Thyroid, Blood Pressure, Heart, Seizure or Anxiety medications with small sips of water no later than 2 hours prior to your procedure.**
- \*\*DO NOT take Your Diabetic medications this morning prior to procedure\*\***

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