

# Plenvu Preparation for a Colonoscopy

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## Procedure Location:

\_\_\_ North Richland Hills  
Endoscopy Center I 7640  
NE Loop 820 North Richland  
Hills, TX 76180 | 469-713-  
3740

\_\_\_ Texas Health Harris  
Methodist I 1301  
Pennsylvania Avenue Fort  
Worth, TX 76104 | 817-250-  
2000

\_\_\_ Medical City Fort Worth I  
900 8<sup>th</sup> Avenue Fort Worth,  
TX 76104 | 817-336-2100

\_\_\_ Methodist Mansfield  
Medical Center I 2700 E.  
Broad St. Mansfield, TX  
76063 | 682-242-2000

\_\_\_ Texas Health Azle I 108  
Denver Trail Azle, TX 76020  
| 817-444-8600

## Procedure Preparation:

- 2 days prior to the procedure: Follow a normal diet all day. Drink one bottle of magnesium citrate at 7 pm. This will be purchased over the counter (no prescription required).
- Pick up your prescription from the pharmacy at least two days prior to the procedure.
- Hold all anticoagulants or blood thinners, such as, Coumadin, Warfarin, Plavix, Eliquis, and Lovenox, for \_\_\_ days prior to the exam once approved by your cardiologist or primary care physician (PCP).

## Day Before Procedure: ALL DAY CLEAR LIQUID DIET

- You will need to follow a clear liquid diet throughout the entire day. Approved clear liquids include: water, clear juices without pulp (such as apple juice), soda, chicken or beef broth, popsicles and Jell-o (yellow and orange ONLY), tea, coffee, and lemonade. Do not drink anything red, green, or purple. No solid food and no dairy products such as milk or creamers.
- Diabetic patients should only take a half dose of diabetic medications.
- Step 1: At \_\_\_ AM/PM, mix your first dose of Plenvu (Mango flavor) with at least 16 oz. of water until completely dissolved and drink.
- Step 2: Drink one additional 16 oz. glass of water over the next hour.
- Step 3: At \_\_\_ AM/PM on the day before procedure or day of procedure, mix your second dose of Plenvu (Fruit Punch flavor) with at least 16 oz. of water until completely dissolved and drink.
- Step 4: Drink one additional 16 oz. glass of water over the next hour.

## Day of Procedure:

- Do not eat or drink anything after midnight.
- If possible, hold all medication unless otherwise directed. High blood pressure medication may be taken with a SIP OF WATER.
- Diabetic patients should not take diabetic medication the morning of the procedure. You can resume your normal dosing after the procedure once you have eaten.
- Plan on being at the facility for 2-3 hours.
- Someone must drive you home. No public transportation allowed without a chaperone. You will be sedated for your procedure and will be very drowsy for several hours. You may not drive or work for 12 hours after the procedure.

PROCEDURE DATE: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_ AM/PM

309 Regency Parkway Suite 201 | Mansfield, TX 76063

909 9<sup>th</sup> Avenue Suite 205 | Fort Worth, TX 76104

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