

Patient: _____ Doctor: _____

Date of procedure: _____ Time to report: _____

Location: **Endoscopy Center, 1st Floor** **Chilton Hospital Access Center** **Wayne Surgical Center**
 1825 Rt 23 S Wayne, NJ 97 W Parkway Pompton Plains, NJ 1176 Hamburg Tpke Wayne, NJ
 973-996-4009 973-831-5115 973-709-1900

Diabetes: Blood Thinner:(see below*): Pacemaker: Defibrillator: Latex allergy:

PREPARATION: Please obtain **Plenvu** boxed kit from your pharmacy at least a few days before the procedure.

DIET: No iron supplement, seeds, nuts, quinoa, corn, popcorn, tomatoes, cucumbers or salad for three days before the procedure.

****IMPORTANT- Please make sure to follow our instructions as written. They are DIFFERENT than the instructions that come with the Plenvu kit.**

ON THE DAY BEFORE THE PROCEDURE:

1. **Before 10 am.**, you may have a **light** breakfast. This can include cereal, breads, and milk products, but cannot include fresh fruits, vegetables, salad or meats.
2. After 10 a.m., only clear liquids can be consumed. Clear liquids are as follows:

Water	Clear juices (apple, grape)	Italian ices	Bouillon	Tea
Jell-O	7-Up, ginger ale, seltzer	Black coffee	Gatorade	
3. At 5 p.m. **pour** first packet (Mango) of **Plenvu** into the mixing container. Add 16 oz cool drinking water to line on the container. **Shake vigorously for 3 minutes.** Drink all the liquid in the container within 30 minutes.
You must drink additional 16 oz of water or clear liquid over the next 30 mins.
Feelings of bloating, nausea or chills are common after the first few glasses. This is temporary and will decrease once bowel movements begin. If the nausea worsens, stop drinking the solution for 30 minutes, then resume drinking every 15 minutes as before.
4. Clear liquids may be continued following the preparation up to 5 hours prior to the procedure.

ON THE DAY OF THE PROCEDURE:

If you take **blood pressure pills, pills for your heart, seizure medications or Parkinson’s medications**, take them as usual with small sips of water.

6 hours prior to the procedure, mix the Fruit Punch pouch of **Plenvu** in a similar fashion. **Shake vigorously for 3 minutes.** Drink all the liquid in the container over 30 mins. You must then drink 16oz of water or clear liquid over the next 30 minutes. Following the prep, you should expect to have clear yellow fluid passing into the toilet.

You MUST FINISH drinking all liquids and water at least 4 hours prior to your scheduled arrival time or your procedure will be delayed. DO NOT CONSUME ANYTHING ELSE BY MOUTH-NOT EVEN WATER. Do not smoke marijuana or vape within 24 hours of the procedure. No gum chewing the morning of the procedure.

- Wear loose, comfortable clothing. Bring your glasses (if necessary). Do not bring valuables such as jewelry with you. The endoscopy facility cannot be responsible for your belongings.
- After the procedure you must not drive, work or do anything that could result in injury.
- **You must have a friend or family member drive you home. No ride share services such as Uber/ Lyft allowed. Pick up will be approximately 1 ½ hours after you are dropped off.**

*** SPECIFIC MEDICATIONS:**

Blood thinners: If you take **Coumadin, Pradaxa, Eliquis, Xarelto, Effient, Plavix, Ticlid** or other **blood thinners/ anticoagulants** make sure you have discussed this with your physician.

GLP-1 agonists such as **Ozempic, Wegovy, Trulicity and Mounjaro.** Make sure you have specifically discussed these medications with your physician or your procedure may be cancelled. Rev 10/23