

# PLENVU PREP

Procedure questions Call  
281-205-1111 EXT 102

Pharmacy: Rx PLENVU Kit

**\*\* YOU WILL NEED A DRIVER \*\***

## **\*\*THE DAY BEFORE THE PROCEDURE\*\*** **NO SOLID FOOD ALL DAY**

<b>*START A CLEAR LIQUID DIET WHEN YOU GET UP IN THE MORNING *</b>	
<b>NOT ALLOWED</b>	NO SOLID FOOD, Dairy, NO RED or Purple, Alcoholic Beverages, No Chew tobacco
<b>DESSERT</b>	OK-Gelatin, Popsicles, Slushes, Ices, Hard Candy ( No RED or Purple)
<b>Condiments</b>	OK-Sugar, Artificial sweeteners, Honey
<b>SOUP</b>	OK-Fat free broth or bouillon (chicken/beef )
<b>BEVERAGE</b>	OK-Water, Coffee, Tea (without milk), Clear soda, Apple Juice, White grape Juice, fruit flavored Country time, Crystal light, Kool-Aid
<b>DULCOLAX TABLETS (OVER THE COUNTER LAXATIVE)</b>	At noon the day before your procedure take (2) Dulcolax tablets followed by (3) 8oz cups of water.

• **6 PM** – COMPLETE STEPS 1-2 before going to bed:

STEP 1: MIX CONTS OF DOSE POUCH WITH AT LEAST 16 OZ OF WATER AND DRINK WITHIN 30MIN.

Step 2: REFILL CONTAINER WITH AT LEAST 16 OZ OF CLEAR LIQUID AND DRINK WITHIN 30MIN

- You should have BM's within 30 – 60 minutes
- Use a straw or eat hard candy between glasses, if necessary
- Bloating will occur, it will pass.
- Walk around the house or rock in a chair to relieve bloating
- Continue drinking clear liquids of your choice until you go to bed
- Take any prescribed PM medications when your BM's slow down

**“NOTHING TO DRINK AFTER MIDNIGHT”**

## **MORNING OF THE PROCEDURE:**

\_\_\_\_\_ 5 hours before your procedure time (Morning of procedure)

STEP 1: Drink the DOSE of PLENVU FOLLOW SAME INSTRUCTIONS AS ABOVE

STEP 2 Drink at least 3 cups ( 8oz each clear liquid).

<b>12 HOURS before your procedure: STOP SMOKING</b>
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6 HOURS before your procedure: No candy, mints, jelly beans or chewing gum
3 HOURS before your procedure: Take any regularly prescribed medication. DO NOT TAKE diabetic medication, potassium pills or diuretics (water pills)
STOP DRINKING LIQUIDS AT:

**Medications..**

Please STOP

\* blood thinners like Coumadin, Plavix, Aspirin, Fish Oils 5 days prior to your procedure. Please contact your PCP or Cardiologist for any adjustments in these medications.

\*Do not take Ibuprofen, Motrin, Aleve, Advil for 5 days prior to procedure. Tylenol is okay for pain & headache.

\*You may take your Blood Pressure medication 3 hours prior to your procedure time.

\*If you are diabetic & on insulin, please take only HALF of your AM dose the morning of. Your blood sugar will be checked on arrival.

\*Stop all weight loss medications 2 weeks prior to procedure.

\* If you need a Cardiac Clearance, please follow up with your Cardiologist and get it to us as soon as possible.

**PROCEDURE DATE :** \_\_\_\_/\_\_\_\_/\_\_\_\_

**PROCEDURE TIME:** \_\_\_\_\_AM/PM

**EST. ARRIVAL TIME:** \_\_\_\_\_AM/PM

Locations:

River Oaks-1501 River Pointe Drive Ste. 260 Conroe, TX 77304  
(936-494-3636)

Memorial Hermann Surgical Center 9200 Pinecroft Ste.200 The Woodlands, TX 77380  
(281-297-9500)

St. Lukes Hospital 17200 St. Lukes Way The Woodlands, TX 77380  
(936-266-2000) - (936-266-4014 Nurse)

Methodist Hosp The Woodlands- 17201 I-45 The Woodlands TX 77385 (936-270-2000)

[] V.I.P Surgical Center 1246 N. 3083 West Ste. A Conroe, TX 77304 (936-441-2233)

**REMINDER: You will be charged \$150.00 fee if you cancel or reschedule less than 24 hours.**