

**\*\*\*If you are taking any blood thinners like: Plavix (clopidogrel), Coumadin(warfarin), or Pradaxa, please stop taking them 5 DAYS PRIOR to procedure.**

If you are taking shorter acting blood thinners like: Xarelto or Eliquis please stop taking them **2 DAYS PRIOR TO PROCEDURE.**\*\*\*

(Plenvue Prep)

## Day Before Your Colonoscopy

**The entire day before the procedure have only clear liquids (see list below).**

**Solid food, milk or milk products are not allowed.**

**\*\*Acceptable clear liquids: (any of the following not colored red or purple)**

Apple juice, White grape juice, strained fruit juices without pulp, sports drinks such as Gatorade, Gelatin (Jell-O), Popsicles or ice pops (read the label), clear soda, Tea-sweetened or unsweetened, Flavored water, sodas. **No broth within 8 hours of procedure. NO MARIJUANA PRODUCTS 48 HRS PRIOR TO YOUR PROCEDURE**

**Diabetic Patients:**

- **Blood Sugar Management:**

Please check your blood sugar more frequently throughout the day during this 2-day prep. When selecting foods listed on the clear liquid diet, please drink regular juices and sodas. You may consume non-diabetic products the day before procedure. If your blood sugar becomes low during your preparation when you are to be drinking water only, you may drink clear juices to help raise your blood sugar. If you have any concerns regarding your blood sugar, please call our office and speak to one of the nurses. If it is after hours, call the main office number and speak to the physician on call.

- **Oral Medications:**

STOP TAKING METFORMIN (GLUCOPHAGE) 48 HOURS PRIOR TO PROCEDURE

- **Insulin Medications:**

Take only ½ the regular PM dose of insulin the evening prior to the procedure.

Check your glucose level the morning of your procedure. Hold insulin if level is low, otherwise you may take half the regular insulin in the morning.

**At 5 pm:** Use the mixing container to mix contents of the Dose 1 pouch with at least 16 oz of water by shaking or using a spoon until it is completely dissolved. This may take up to 2 to 3 minutes. Take your time- slowly finish the dose within 30 minutes. Drink ALL the solution. -Refill the container with at least 16 oz of clear liquid. Again, take your time and slowly finish all of it within 30 minutes. -Continue to drink clear liquids until bedtime. \*The more hydrated you are, the better the prep results.

**IMPORTANT:** If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause, or slow the rate of drinking the additional water until your symptoms diminish. Drink additional water

