
*PLENVU BOWEL PREP
PMPROCEDURE*

Please follow the instructions carefully to ensure a successful prep.

If you have any medical or medication questions, please contact the Scheduling Department at 605-721-5400.

- **You will receive sedation for this procedure. You must be accompanied by an adult friend, relative, or caregiver to drive you home. You may not drive or go home by taxi or bus. If you do not have a driver, your procedure will be cancelled.**
- If you have any questions regarding pre-authorization, network participation or your financial responsibility, please call (605) 721-8500 or (800) 336-3503 ext. 3507 to speak to the Patient Benefits Coordinator for assistance.
- You should plan to be at The Endoscopy Center or Monument Health Rapid City Hospital for 2 to 3 hours.
- See our website www.RCGastro.com and click the Endoscopy Center Tab for more information regarding our physicians and procedures.

7 Days Before Procedure

- Pick up prescribed prep at your pharmacy.
- Please also purchase:
 - **MiraLAX** (238 grams) or generic equivalent: **two 8.3 ounce bottles**
 - **Simethicone** (Common brands are Gas Relief, Gas-X, and Mylanta Gas. Cherry flavor is fine) over the counter: **two 125 mg tablets**
- Optional items to purchase:
 - Pre-moistened wipes and ointment (A&D, Desitin) for use during prep to avoid irritation
 - Additional clear liquids (no red, blue, or purple)
- Diabetics – contact physician for medication adjustments
- If you take **Phentermine** (Adipex-P, Lomaira, Suprenza), or **Contrave** (Naltrexone-bupropion), please notify us and contact your prescribing physician if you have not already received instructions about holding these medications.

5 Days Before Procedure

- Make sure you have a driver – if unable to keep scheduled appointment, please contact the Scheduling Department at (605) 721-5400.
- Stop iron and fiber supplements and erectile dysfunction medications (Cialis/Viagra)
- If you are taking Aspirin 325mg, decrease dose to 81mg
- If you are on a **blood thinning medication** (Coumadin, Xarelto, Brilinta, Ticlid, Heparin, Effient, Plavix, Pradaxa, Aggrenox, Eliquis) and have not received instructions regarding adjusting your medication, please contact the scheduling department at (605) 721-5400. These medications need to be held prior to procedure.

4 Days Before Procedure

- Take one capful of MiraLAX (17g) mixed in juice or flavored water

3 Days Before Procedure

- Take one capful of MiraLAX (17g) mixed in juice or flavored water
- Stop eating popcorn, nuts, seeds, fruits and vegetables, and foods containing Olestra (fat-free foods including fat free chips and crackers)
- Begin low residue/low fiber diet (see www.RCGastro.com for examples)

2 Days Before Procedure

- Take one capful of MiraLAX (17g) mixed in juice or flavored water

1 Day Before Procedure

- Eat low residue/low fiber diet until 11:00 am
- Clear liquids only after 11:00 am – no solid foods
 - Approved: Sodas/pop, black coffee, tea, clear juices, fitness waters, chicken/vegetable/beef broth, gelatin, popsicles without pulp
 - Not Approved: milk/dairy/creamer, juices or popsicles with pulp, red/purple/blue colored liquids
- Apply ointment (A&D, Desitin) to rectal area prior to starting prep and repeat as needed to avoid irritation
 - Use pre-moistened wipes after bowel movements as needed
- At 6:00pm, take a dose (125 mg) of Simethicone.**
 - **At 6:00 pm, open Plenvu carton and remove **Dose 1** sachet**
 - **Pour the contents into the mixing container that comes with your Plenvu**
 - **Add water to the fill line on the mixing container (at least 16 ounces)**
 - **Stir until all the powder has dissolved. This may take several minutes.**
 - **Drink the entire contents over the next 30 minutes**
 - **After finishing the prep, refill the mixing container to the fill line (at least 16 ounces) with clear liquids and drink over the next 30 minutes. You may drink additional clear liquids the rest of the evening.**
- Diabetics – monitor blood sugar closely
 - If blood sugar is >350, contact your prescribing physician
 - If blood sugar is low, drink sweetened clear liquids or suck on hard candy

Day of Procedure

- At 8:00 am, take a dose (125 mg) of Simethicone and begin drinking second dose of prep and clear liquids following the instructions listed above, using **Dose 2 sachet A and Dose 2 sachet B.****
- Finish prep and clear liquids by 10:30 am.
- Do not take Aspirin or Aspirin-containing products today
- Nothing by mouth after **10:30 am** including water, gum, hard candy, smoking, or chewing tobacco
- Do not wear jewelry, piercings, or eye make-up to appointment
- Bring inhalers, CPAP machine, and/or eyeglasses case with you if you use these items
- You do not need to come in earlier than your stated check-in time. Additional time for check in and admission is already built into check-in time.
- You must have a responsible adult driver or your procedure will be cancelled.
- Be sure to bring picture ID, insurance cards, co-pay or deductible portion of your procedure with you.