

**YOUR BOWEL PREP IS EXTREMELY IMPORTANT!**  
**PLEASE READ INSTRUCTIONS CAREFULLY**

Prep: Plenvu - 2 Day with Magnesium Citrate

<p><b>1 Week Before</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Purchase</b> the following: <ul style="list-style-type: none"> <li>○ Plenvu Bowel prep – Pick up from pharmacy. If your insurance does not cover this, do not purchase it and contact our office for other options.</li> <li>○ GasX or simethicone gas relief over the counter. You will only need 4 of these. These help decrease bubbles in your colon.</li> <li>○ 10-ounce bottle of GREEN or CLEAR magnesium citrate (over the counter laxative). <b>NO RED OR PURPLE.</b></li> <li>○ Clear liquids – Refer to clear liquid diet handout.</li> </ul> </li> <li><input type="checkbox"/> <b>Plan for a driver:</b> Plan for someone to drive you home or escort you if taking alternate modes of transportation. You will be sedated for your procedure. You should not drive again until the morning after your procedure.</li> <li><input type="checkbox"/> <b>Stop eating</b> any visible seeds, nuts or whole grains. You can still eat fruits and vegetables if you remove the seeds from them. Please do not take oil-based vitamins (A, D, E or K, fish oil, etc.) or supplements for a full 7 days before your procedure. While we may not cancel your procedure if you have accidentally eaten them the week before your procedure, it may impact the quality of your prep.</li> <li><input type="checkbox"/> If you are <b>diabetic</b> and/or taking <b>prescription blood thinning medication</b>, refer to handout. If you did not receive this handout, contact our office.</li> </ul>
<p><b>2 Days Before</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Start clear liquid diet</b> from the time you wake up. See clear liquid diet handout.</li> <li><input type="checkbox"/> <b>At 7:00 pm:</b> Drink the 10-ounce bottle of magnesium citrate. Drink over 15 minutes to reduce nausea.</li> <li><input type="checkbox"/> Continue clear liquids to stay hydrated.</li> </ul>
<p><b>1 Day Before</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Continue clear liquid diet</b> from the time you wake up.</li> <li><input type="checkbox"/> <b>At 6:00 pm:</b> <ul style="list-style-type: none"> <li>○ Mix the dose 1 pouch (mango flavor) with at least 16 ounces of water until completely dissolved (takes 2-3 minutes). Drink the mixture slowly over 30 minutes. Then refill the container with at least 16 ounces of water and drink slowly over the next 30 minutes.</li> <li>○ If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution.</li> <li>○ <b>Take 2 GasX pills.</b></li> </ul> </li> <li><input type="checkbox"/> Continue clear liquids to stay hydrated.</li> </ul>
<p><b>Procedure Day</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Continue clear liquid diet</b> from the time you wake up.</li> <li><input type="checkbox"/> <b>6 HOURS PRIOR to your procedure:</b> <ul style="list-style-type: none"> <li>○ Mix the dose 2 pouches A and B (fruit punch flavor) with at least 16 ounces of water until completely dissolved (takes 2-3 minutes). Drink the mixture slowly over 30 minutes. Then refill the container with at least 16 ounces of water and drink slowly over the next 30 minutes.</li> <li>○ <b>Take 2 GasX pills.</b></li> <li>○ <b>Stop all use of cigarettes, e-cigarettes, chewing tobacco and marijuana.</b></li> </ul> </li> <li><input type="checkbox"/> <b>4 HOURS PRIOR to your procedure</b> <ul style="list-style-type: none"> <li>○ NO DRINKING/NOTHING by mouth – including water, gum, hard candy/mints.</li> <li>○ The only exception: If you have a critical medication that cannot be taken 4-6 hours early, it can be taken up to 2 hours before the procedure, BUT ONLY WITH A SIP OF WATER (no more than 2-3 TABLESPOONS).</li> </ul> </li> <li><input type="checkbox"/> If you cannot see through to the bottom of the toilet, please call our office for further advice after 6 am.</li> <li><input type="checkbox"/> <b>Have the following:</b> <ul style="list-style-type: none"> <li>○ A ride home. To be confirmed at check-in.</li> <li>○ Insurance cards and driver's license. Do not bring valuables.</li> </ul> </li> </ul>