General Procedure Information

Please read these instructions two weeks before your procedure

Arrange to have a driver come with you and remain in the waiting area during your test. You may not take a taxi. Your driver must drive you home.

Laxative Prep Method
*Follow these instructions. Do NOT follow instruction on or inside the box of your prep kit.

For PLENVU Prep Split Dose you will need to purchase:
1. PLENVU-Prep Kit (prescription required)
2. Clear liquid beverages/products (NO Red or Purple)

General Instructions

2 weeks before procedure
- Stop taking all herbal products
- Stop eating snacks containing Olestra (product found in light snacks)

1 week before procedure
- Stop taking aspirin, NSAIDS and any products containing aspirin such as Aleve, Ibuprofen, etc. You may take Tylenol (acetaminophen)
- Stop taking blood thinners 3, 4, or 5 days prior to procedure or as approved by your prescribing physician.
- Stop multi-vitamins, Vitamin E, Iron and Fish oil supplements.

Days before your procedure
- Purchase supplies listed above.
- Read through these instructions
- Expect a call from anesthesia department to discuss your medical history.

*If you have Diabetes, read and follow the special instructions for patients with Diabetes

Questions?
Please see frequently asked questions first. If you still have questions, call 770-719-3240.

Day before Procedure

Date: ____________________________

DIET INSTRUCTIONS

You may only have CLEAR LIQUIDS the entire day before your procedure. NO SOLID FOODS should be eaten during the entire day.

Example of CLEAR LIQUIDS strained fruit juices (apple, white grape, white cranberry), Limeade, Lemonade, Coffee/Tea (No Creamer including non-dairy creamers), clear broth or bouillon, gelatin desserts without added fruit or whipped topping. AVOID RED and PURPLE liquids, including food dye. AVOID MILK and ALCOHOLIC beverages.

LAXATIVE PREP INSTRUCTIONS

- 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 of the solution.

- Refill the container with at least 16 ounces 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.

Day of Procedure

Date: ____________________________

LAXATIVE PREP INSTRUCTIONS

- 6 hours before leaving for the procedure: Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) 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 of the solution.

- Immediately refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

- Put nothing else in your mouth except a small sip of water with your heart, blood pressure or seizure medication.

- You must have NOTHING in your mouth 4 hours prior to your procedure. This means NO water, ice chips, gum, candy, cough drops, etc.

***Any contents in your stomach could come up, getting into your lungs while under anesthesia.

GENERAL INSTRUCTIONS

- You may brush your teeth and gargle prior to your test.
- DO NOT wear body LOTION or body JEWELRY. Please remove all piercings (tongue, cheek, nose rings, etc.) prior to your arrival.
- Someone must be with you while you have the procedure and to drive you home. If your driver is NOT in the waiting room, your procedure will NOT be performed.
- Failure to follow these instructions may cause your procedure to be delayed or cancelled.