

## 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 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.**

## 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.