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**PLENVU**

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**BOWEL PREPARATION INSTRUCTIONS FOR MORNING SCOPES (DR. CRIST)**

YOU HAVE BEEN SCHEDULED FOR A DIAGNOSTIC PROCEDURE CALLED **COLONOSCOPY** TO BE PERFORMED ON

\_\_\_\_\_ AT \_\_\_\_\_ ARRIVAL TIME \_\_\_\_\_

YOU WILL NEED TO REPORT TO \_\_\_\_\_ PARKWEST HOSP. (MAIN ENTRANCE)

\_\_\_\_\_ FT. LOUDOUN HOSP. (ER/REG DESK)

LATE ARRIVAL MAY RESULT IN UP TO A 2-HOUR DELAY IN YOUR PROCEDURE

**PRE-PROCEDURE INSTRUCTIONS: YOU MUST FOLLOW A SPECIAL CLEAR LIQUID DIET THE DAY BEFORE YOUR EXAMINATION.**

- BEGINNING ON \_\_\_\_\_ ONLY CLEAR LIQUIDS FOR BREAKFAST, LUNCH AND DINNER ARE ALLOWED.
- AT **4PM** YOU WILL MIX YOUR **PLENVU**. EMPTY DOSE 1 (POUCH A) INTO CONTAINER WITH 16 OZ OF WATER AND SHAKE OR STIR UNTIL COMPLETELY DISSOLVED. (2-3 MINUTES) SLOWLY DRINK THE SOLUTION UNTIL FINISHED. DRINK THE ENTIRE DOSE WITHIN 30 MINUTES. REFILL THE CONTAINER WITH 16 OZ OF CLEAR LIQUID AND DRINK THIS WITHIN THE NEXT 30 MINUTES.
- AT **7PM** EMPTY THE CONTENTS OF DOSE 2 (POUCH A AND B) WITH 16 OZ OF WATER AND SHAKE OR STIR UNTIL DISSOLVED. DRINK THE ENTIRE DOSE WITHIN 30 MINUTES. REFILL THE CONTAINER WITH 16 OZ OF CLEAR LIQUID AND DRINK THIS WITHIN 30 MINUTES.
- DRINK PLENTY OF WATER AND CLEAR LIQUIDS THROUGHOUT THE EVENING.

**NOTHING TO DRINK AFTER MIDNIGHT OR MORNING OF THE PROCEDURE.**

**MEDICATIONS:**

- IF YOU HAVE SPECIFIC MEDICAL PROBLEMS SUCH AS SEVERE HIGH BLOOD PRESSURE OR ANGINA, YOU MAY TAKE YOUR MORNING MEDICATION WITH A SMALL SIP OF WATER EARLY ON THE DAY OF YOUR TEST. IF YOU TAKE INSULIN FOR DIABETES, TAKE ½ YOUR USUAL DOSE THE EVENING BEFORE AND HOLD THE MORNING DOSE THE DAY OF YOUR PROCEDURE.
- DO NOT TAKE IRON OR FIBER SUPPLEMENTS, HERBAL SUPPLEMENTS, FISH OIL OR FLAXSEED OIL FOR 1 WEEK PRIOR.
- STOP BLOOD THINNERS FOR THE FOLLOWING AMOUNT OF TIME: COUMADIN, EFFIENT OR PLAVIX-4 DAYS, PRADAXA, XARELTO, SAVAYSA OR ELIQUIS-2 DAYS..
- AVOID TAKING PRODUCTS CONTAINING ASPIRIN FOR 1-WEEK PRIOR, AND IBUPROFEN OR NAPROXEN FOR 2 DAYS PRIOR TO YOUR PROCEDURE.

**BRING SOMEONE ALONG WITH YOU TO DRIVE YOU HOME.**

- YOU WILL BE SEDATED BEFORE THE EXAMINATION. WHILE MOST OF THE EFFECTS OF THE MEDICINE WILL WEAR OFF PRIOR TO YOUR DISCHARGE, WE CANNOT LET YOU LEAVE UNACCOMPANIED. YOU WILL NOT BE ABLE TO DRIVE A CAR THE REMAINDER OF THE DAY.

IF YOU HAVE ANY QUESTIONS OR HAVE AN EMERGENCY ON THE DAY OF YOUR EXAM, PLEASE CALL OUR OFFICE AT (865) 539-5372 OPT 1. IN ORDER TO BETTER MEET THE NEEDS OF ALL OF OUR PATIENTS, WE RESPECTFULLY ASK THAT YOU GIVE US AT LEAST **48 HOURS** NOTICE IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE OR YOU WILL BE SUBJECT TO A \$50 FEE.

**\*\*\*PLEASE BRING I.D., INS. CARDS AND LIST OF CURRENT MEDICATIONS WITH YOU\*\*\***