

# ATLANTA CENTER FOR GASTROENTEROLOGY

David Rausher, MD & Cliff Parrish, MD

2665 North Decatur Road, Suite 550 Decatur, GA 30033 Phone: 404-296-1986

## PLENVU COLONOSCOPY PREP INSTRUCTIONS

- 1) **CLEAR/THIN LIQUID DIET ALL DAY LONG THE DAY BEFORE.** All Day means **ALL DAY**. **No** breakfast or anything but CLEAR/THIN LIQUIDS **all day** the day prior to the Colonoscopy. Examples of Clear Liquids are Water, Black Coffee, Soda's, Apple Juice, Grape Juice, Jello, Broth Cubes, Gatorade, Tea, etc. This does **NOT** include Full Liquids like Milk, Orange Juice, Ice Cream, or Soups and absolutely **NO SOLID FOODS** at all. **STOP** the Clear Liquids after **2-3am** for am procedures and **4-5 hours** before pm procedures. **Hydration** is important the day before the Colonoscopy and drink plenty of **Clear/Thin Liquids** the day before.
- 2) You **can** go outside the house to **work** or anywhere else while on the **Clear Liquid Diet** but get home early evening for the Laxatives doses to be described below.
- 3) You **will** need someone to **Drive** you the day of the procedure. Most are here ~2.5-3.5 hours. We will **NOT** be able to do your Sedated Procedure without someone here to drive you home or to **be with you** if you take other transportation such as Uber or Bus. We **strongly** recommend they stay close in the immediate area during your procedure.
- 4) If you are on **Insulin** or a **Blood Thinner** stronger than Aspirin, then ask your MD about instructions on these medications **well before** the Colonoscopy so we can adjust them.

**DATE OF PROCEDURE** \_\_\_\_\_ Check in to our Main Office Desk in **Suite 550**.

**TENTATIVE TIME TO COME TO OFFICE** \_\_\_\_\_ (someone will call you 1-2 days prior to tell you the exact time to show up for the Colonoscopy)

**PLENVU PREP INSTRUCTIONS** ( **DISREGARD** any instructions inside the Plenvu box and **follow the instructions below**)

Mix contents of the **Plenvu** Dose 1 pouch with at least 16 ounces water until completely dissolved then drink over 30 minutes at \_\_\_\_\_  
Refill the 16 ounce container with Clear Liquid and drink within 30 minutes.

Mix contents of **Plenvu** Dose 2 (Pouch A & Pouch B) with at least 16 ounces water until dissolved then drink over 30 minutes at \_\_\_\_\_  
Refill the 16 ounce container with Clear Liquids and drink within 30 minutes.

See opposite page for **Tap Water Enema** instructions. Do Enema's **1-3 hours** prior to coming in for your Colonoscopy. **Cancellation** of Colonoscopy must be received at least **72 hours** before to avoid a **\$100 no show fee**. Please be considerate of other patients who may need your slot. We need to know early in order to schedule them.