

Appointment Info

DATE: _____

Arrival

TIME: _____

FACILITY:

Endoscopy Center Of Marin	Marin General Hospital	Novato Community Hospital
1100 S Eliseo Dr. Suite 3 Greenbrae	Surgery Center 250 Bon Air Rd Greenbrae	180 Rowland Way Novato
Expect to be at the center 90 minutes	Expect to be at the center 2 hours	Expect to be at the hospital 3 hours



www.maringastro.com

Diabetes Instructions (if applicable)

Oral Medication Instructions:

Insulin schedule: _____

Blood Thinner Instructions (if applicable)

Continue blood thinner as prescribed.

HOLD for: _____ days

Marin Gastroenterology

200 Tamal Plaza, Suite
200 Corte Madera, CA
94925

7120 Redwood Blvd
Novato, CA 94945

P: (415) 925-6900

www.MarinGastro.com

Plenvu®

Preparation for your upcoming Colonoscopy

What you will need:

Plenvu® Prescription filled by
your Pharmacy

Phone: 415 - 925 - 6900

MARIN GASTROENTEROLOGY

7 Days Before Your Colonoscopy

- Confirm ride for the day of your procedure
- Pick-up the prescription at your local pharmacy.
- If you take blood thinners, (Coumadin/warfarin, Plavix/clopidogrel, Pradaxa/dabigatran, Eliquis/apixaban, Xarelto/rivaroxaban) review instructions for holding or continuing prescription. (Instructions located on back)
- **Last chance to cancel/reschedule your procedure appointment without incurring a CANCELLATION FEE of up to \$250.**

5 Days Before Your Colonoscopy

- Review diet Instructions and plan your meals
- Create a list of your medications & supplements to provide the facility. Include prescription name, dose, and directions.
- Create a list of your allergies to provide the facility

3 Days Before Your Colonoscopy

- STOP eating foods with nuts or seeds. (Fruits & vegetables with seeds, sesame, whole grain, etc.)
- Avoid corn, beans, quinoa, and popcorn

2 Days Before Your Colonoscopy

- Increase your fluid intake, drink a minimum of 8 glasses of clear fluids (water preferred)
- Eat well balanced meals, but continue avoiding nuts & seeds

1 Day Before Your Colonoscopy

“PREP DAY”

- Have a low residue breakfast BEFORE 10am. (white toast, eggs, yogurt, cream of wheat, smoothies without seeds)
- AT 10am begin a “Clear Liquid Diet.” Clear liquids include water, juice without pulp, soda, black coffee/tea electrolyte drinks, Ensure CLEAR, Boost Breeze, Jello, Broth, Popsicles.
- AT 6pm drink the first dose of Plenvu. Empty Dose 1 into mixing container. Add water to fill line (16oz line) and mix until completely dissolved. Drink the full amount within 30 minutes.
- After drinking the Plenvu mix drink 16 ounces of clear liquids within 30 minutes.
- Continue drinking clear liquids until bedtime.

On The Day of Your Colonoscopy

- Wake up 6 hours before your arrival time to start second prep dose. Immediately prepare and consume second dose of Plenvu.
- Empty dose 2 (Pouch A and Pouch B) into mixing container. Add water to fill line (16oz line) and mix until dissolved. Drink full amount within 30 minutes.
- After finishing dose 2, drink 16oz of clear liquids within 30 minutes.
- You must complete your prep and discontinue clear liquids 3 hours prior to your arrival time.
- You should take medications, as prescribed, with sips of water
- BRING THE FOLLOWING:
 1. Photo ID
 2. Insurance Card
 3. Medication List
 4. Allergy List

TIPS:

To improve the taste try:
Adding ice/Refrigerate mixture
Using a straw to drink mixture

If you experience nausea or vomiting, rest for 15 minutes, then try to resume prep

Use baby wipes

Use Vaseline or an ointment for diaper rash around the anus before and/or during prep to minimize irritation from passing bowel movements