

Patient: _____ Doctor: _____

Date of procedure: _____ Time to report: _____ Time of procedure: _____

Location: Endoscopy Center, 1st Floor Chilton Hospital Access Center Wayne Surgical Center
1825 Rt 23 S Wayne, NJ 97 W Parkway Pequannock, NJ 1176 Hamburg Tpke Wayne, NJ

Latex allergy: Y or N Diabetes: Y or N Pacemaker: Y or N Defibrillator: Y or N

PREPARATION: Please obtain the following items from your pharmacy before the procedure:

1. One **Plenvu** boxed kit.

DIET: No iron supplement, seeds, nuts, quinoa, corn, popcorn, tomatoes, cucumbers or salad for **three** days before the procedure.****IMPORTANT- Please make sure to follow our instructions as written. They are DIFFERENT than the instructions that come with the Plenvu kit.****ON THE DAY BEFORE THE PROCEDURE:**

1. **Before 10 am.**, you may have a **light** breakfast. This can include cereal, breads, and milk products, but cannot include fresh fruits, vegetables, salad or meats.
2. After 10 a.m., only clear liquids can be consumed. Clear liquids are as follows:

Water	Clear juices (apple, white grape, not red)	Italian ices (not red)
Bouillon (beef or chicken)	Tea (regular, decaf, herbal)	Jell-O (not red)
7-Up, ginger ale, seltzer	Black coffee	Gatorade (not red)
3. At 5 p.m. **pour** first packet (Mango) of **Plenvu** into the mixing container. **Add 16 oz** cool drinking water to line on the container. **Stir vigorously for 3 minutes.** Drink all the liquid in the container within 30mins. **You must drink additional 16 oz of water or clear liquid over the next 30 mins.** *Feelings of bloating, nausea or chills are common after the first few glasses. This is temporary and will decrease once bowel movements begin. If the nausea worsens, stop drinking the solution for 30 minutes, then resume drinking every 15 minutes as before.*
4. Clear liquids may be continued following the preparation up to 5 hours prior to the procedure.

ON THE DAY OF THE PROCEDURE:

1. **Six** hours prior to the procedure, mix second dose (Fruit Punch) **Plenvu**. Pour the packet of powder into the mixing container. Add cool drinking water to the 16oz line on the container. **Stir vigorously for 3 minutes.** Drink all the liquid in the container over 30 mins.
2. **You must then drink 16oz water or clear liquid over the next 30 minutes.**

2. You MUST FINISH drinking all liquids (PREP AND WATER) at least 5 hours prior to your scheduled arrival time or your procedure will be delayed. Do not take anything else by mouth, NOT EVEN WATER.

3. Following the prep, you should expect to have clear yellow fluid passing into the toilet.
4. Wear loose, comfortable clothing. Bring your glasses (if necessary). Do not bring valuables such as jewelry with you. The endoscopy facility cannot be responsible for your belongings.
5. After the procedure you must not drive, work or do anything that could result in injury.
6. **YOU MUST HAVE A RIDE HOME OR THE PROCEDURE WILL BE CANCELLED!** Your ride should be available 1 ½ hours after you are dropped off for your procedure.

ADDITIONAL INFORMATION:**If you take Coumadin, Pradaxa, Eliquis, Xarelto, Effient, Plavix, Ticlid or other blood thinners/ anticoagulants make sure you have discussed this with your physician.**

1. If you take blood pressure pills, pills for your heart, seizure medications or Parkinson's medications, take them as usual with small sips of water.
2. If you take aspirin, Advil, Motrin or any other *anti-inflammatory/arthritis pills* make sure you have discussed this with your physician. Tylenol is okay. Please call if you have any questions.