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| **7 days to procedure** | Review your prep instructions thoroughly and medication changes/restrictions starting today.STOP taking diet supplements. Medication information on last pages of instructions.If you are diabetic contact your physician for medication adjustments.Purchase the following items:**Plenvu Prep** -Your prescriptions were sent electronically to your pharmacy at the time of schedule. If you do not pick up your prep within 7 days, your prescription may be filled and then put back on the shelf. Please call your pharmacy to verify the prescription is ready prior to picking up. If the pharmacy states they do not have your prescription and you waited more than one week to pick it up, it is possible they filled it and put it back on the shelf. You’ll need to alert them of this so they can locate your prescription.**Optional items**: Pre-moistened wipes and ointment (A&D, Desitin) to avoid irritation. Drink flavor packets and additional clear liquids (no red, orange, purple). |
| **5 days to procedure** | **STOP** iron and fiber supplements. STOP Aspirin. Contact us at 732-873-9200 if you are on blood thinning medication and have not received instructions regarding adjusting medication.Avoid eating: salads, raw vegetables, corn and seeded fruits (i.e. strawberries, kiwis, tomatoes, vegetable skins, grains and nuts.**You must have a responsible adult driver, or your procedure will be cancelled.**  |
| **5 Days to procedure** | **A red plate with food on it  Description automatically generated with low confidenceSTOP** eating popcorn, nuts, seeds, fruits & vegetables, and foods containing Olestra (fat free foods including fat free chips & crackers). Begin a low residue/low fiber diet (please see page 3 for examples. |
| **1 day to procedure** |  **NO SOLID FOODS, CLEAR LIQUIDS ONLY** See clear liquid details located on the bottom of this page.**Prep at a Glance****6:00 pm**, Begin drinking prep.Drink plenty of water and liquids throughout the day to avoid dehydration. No dairy products.  |
| **Procedure Day** | **6 Hours Prior** - drink remaining prep solution. Nothing by mouth 5 hours prior to arrival. No gum or hard candy. You may brush your teeth but do not swallow.\*If you take daily medication, you may take it with SMALL SIPS OF WATER ONLY. |

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| **\*Clear Liquid Diet Details: NO RED, PURPLE, ORANGE** |
| **Approved** | **Avoid** |
| Sodas, coffee, tea | No milk/dairy |
| Clear juices, fitness waters | No juices with pulp |
| Popsicles without pulp | **NO RED, PURPLE, ORANGE** |
| Chicken, vegetable, and beef broth |  |
| Gelatin |  |

**The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep.**

**You can reach Your Patient Advisor with non-medical prep questions at: 800.349.0285.**

If you need to reach your physician’s office, please call 732-873-9200.

**Special Notes:** If you are on a blood thinning medication (Coumadin, Xarelto, Brilinta, Ticlid, Heparin, Effient, Plavix, Pradaxa, Aggrenox, Eliquis) and have not received instructions regarding adjusting your medication, please contact the appropriate number above based on facility scheduled. These medications need to be held prior to the week of the procedure.

**PREP WEEK AT A GLANCE**

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| Prep Day: The day BEFORE your procedureDrink plenty of water throughout the day to avoid dehydration. Check medication instructions. |
| Step 1 |  | **6:00 PM** the day prior to your procedureOpen carton and remove **dose 1 sachet** and pour the contents into the provided mixing container | Icon  Description automatically generated |
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| Step 2 |  | **6:00 PM** the day prior to your procedureAdd water to the fill line on the mixing container (at least 16 oz.). Stir until all powder has dissolved-this may take several minutes. **Drink the entire contents over the next 30 minutes.** | Icon  Description automatically generated |
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| Step 3 |  | **6:30 PM** the evening prior to your procedureRefill the mixing container to the fill line (at least 16 oz.) with clear liquids and drink over the next 30 minutes.  |  |
| Continue to drink water and other clear liquids throughout the evening. *Individual responses to laxatives vary. This preparation will cause multiple bowel movements, stay close to a bathroom.* Prep Day: The day OF your procedure: |
| Step 4 |  | **6 hours prior to procedure-** the day of your procedureOpen carton and remove dose 2 sachet A and dose 2 sachet B and pour the contents into the provided mixing container | Icon  Description automatically generated |
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| Step 5 |  | **6 hours prior to procedure-**the day of your procedureAdd water to the fill line on the mixing container (at least 16 oz.). Stir until all powder has dissolved. **Drink the entire contents over the next 30 minutes.** | Icon  Description automatically generated |
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| Step 6 |  | **After completing Step 5**Refill the mixing container to the fill line (at least 16 oz.) with clear liquids and drink over the next 30 minutes.*Finish the remaining prep and additional clear liquids even if your bowel movements are clear. No water, gum, hard candy smoking or tobacco after finishing prep.*NO ASPIRIN OR ASPIRIN CONTAINING PRODUCTS TODAY |  |
| Prep Day: The day OF your procedure\*Nothing to drink 5 hours prior to arrival time for appointment.The facility at which you are scheduled will call you to confirm your appointment the day before your procedure. Please follow their instructions and times for your arrival. If you are unable to keep your appointment, please notify the Digestive Disease Center AND the surgical center no later than 48 hours in advance. Failure to do so may result in a $100 cancellation fee. |

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| Day of Procedure Information* Wear your glasses, if you don’t have glasses, bring contact lens case and solution with you. Contacts must be removed prior to procedure.
* Have a responsible adult driver.
* Bring your picture ID, insurance cards, co-pay, or deductible portion of your procedure.
* Bring your inhaler.
* Bring your medication list.
* Please do not wear any cologne, perfume, aftershave or body lotion.
* Please do not wear any jewelry.
* You may shower and apply deodorant before arriving for the procedure.

You do not need to come in earlier than your stated arrival time. Additional time for check-in and admission is already built into the arrival time. 5 Days Prior to Procedure DietLow Residue/Low Fiber DietAllowed

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| White bread or rolls without nuts and seeds | Plain white pasta, noodles, rice noodles, macaroni |
| Crackers, potato chips | Refined cereals such as Cream of Wheat, Cheerios, Rice Krispies |
| Pancakes or waffles | Fruit and vegetable juice with little/no pulp |
| Lean meat, poultry, fish, sausage, bacon | Eggs, tofu, creamy peanut butter |
| Milk & foods made from milk (yogurt-without fruit) | Pudding, ice cream, cheeses, cottage cheese, sour cream |
| Butter, margarine, oils, and salad dressing without seeds or nuts | Cheese pizza, spaghetti with no veggie chunks |
| Applesauce or pear sauce | Potatoes-instant or white varieties with no skin |
| Desserts with no whole grains, seeds, nuts, raisins, or coconut | Apricots (peeled) |
| Asparagus tips (well cooked) | Cantaloupe, honeydew, melon, and papaya (ripe) |
| Carrots (peeled & cooked until soft) | Bananas |
| Peaches (ripe and peeled) | Mushrooms (well cooked) |

Foods to Avoid

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| Whole wheat/whole grain breads, cereals, and pasta | Whole grains (oats, kasha, barley, quinoa) |
| Beans, peas & lentils | Seeds, nuts, popcorn |
| Brown & wild rice | Fruits & vegetables high in fiber or containing seeds or skins |
| Tough fibrous meats with gristle, raw clams, and oysters | Coconut |

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**Frequently Asked Questions**

**What is a clear stool?**

A clear stool can have a slight tint of yellow or brown. It will be completely transparent, and will not contain any solid matter.

**I am not having bowel movements, what should I do?**

Bowel movements can take up to 5-6 hours after beginning the prep to start. Be patient, continue to drink liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you will need to reach the on call GI physician at 732-873-9200 for further instructions.

**The prep is making me nauseous, what should I do?**

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call the GI physician’s office at 732-873-9200 for further instructions.

**What are some high fiber foods I should avoid?**

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads and beans and lentils. See page 3.

**What are some good options for low fiber foods?**

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep. See page 3.

**If I eat popcorn or seeds 5 days before my procedure do I need to reschedule?**

You will not need to reschedule your procedure; however, you may need to take additional laxatives and fluids. The seeds or nuts may cause difficulty in screening and require a need for rescreening if unable to pass completely. If you have eaten seeds or nuts, you should contact the GI physician’s office at 732-873-9200 for further instructions.

**Can I drink ALCOHOL on the liquid diet?**

Alcohol is not allowed as part of the liquid diet.

**Can I continue to be on the liquid diet after I begin consuming the laxatives?**

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 5 hours prior to the procedure.

**Why do I have to wake up so early for the 2nd dose, can’t I take it all the night before?**

A split prep has proven to be the most effective for a successful colonoscopy. It is essential you follow the directions provided with your prep. Overnight, your body is still producing bile, which coats the large intestine and needs to be flushed out.

**If I weigh under 100 pounds, do I need to take all of the prep?**

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.