

BOWEL PREPARATION INSTRUCTIONS FOR 2 DAY PREP (DR. BENITEZ) PLENVU
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. (EMERGENCY/REGISTRATION DESK)

PRE-PROCEDURE INSTRUCTIONS: FOR THIS EXAMINATION YOU MUST FOLLOW A SPECIAL SOFT DIET FOR FIVE DAYS PRIOR TO YOUR PROCEDURE. DO NOT EAT CORN, VEGETABLES, FRUIT, SEEDS, NUTS OR POPCORN.

DAY ONE PREP

- BEGINNING ON _____ YOU MUST STAY ON A CLEAR LIQUID DIET UNTIL YOUR PROCEDURE.

- AT 10:00 aM, YOU WILL START YOUR PREP BY TAKING 3 DULCOLAX TABLETS 5 MG AND DRINK A 10 OZ. BOTTLE OF MAGNESIUM CITRATE.

- AT 5:00 pm ON _____ YOU WILL DRINK A 10 OZ. BOTTLE OF MAGNESIUM CITRATE.

YOU ARE NOW FINISHED WITH YOUR DAY ONE PREP. YOU MAY CONTINUE DRINKING CLEAR LIQUIDS.

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**DAY TWO PREP**

- BEGINNING ON \_\_\_\_\_ YOU MAY HAVE ONLY CLEAR LIQUIDS ALL DAY.

- 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.

- NOTHING TO EAT OR DRINK AFTER 10 PM.

**DO NOT EAT OR DRINK ANYTHING ON THE MORNING OF YOUR EXAMINATION.** 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 YOUR MORNING DOSE DAY OF YOUR PROCEDURE.

**MEDICATIONS TO STOP PRIOR TO PROCEDURE**

**7 DAYS PRIOR:**

Trulicity  
Ozempic  
Mounjaro  
Bydureon bcise  
Byetta  
Victoza, Saxenda  
Adlyxin  
Rybelsus

**7 DAYS PRIOR:**

Aspirin  
Effient  
Fish Oil  
Flaxseed Oil  
Supplements  
Fiber

**5 DAYS PRIOR:**

Iron  
Supplements  
Coumadin  
Warfarin  
Brillinta  
Plavix

**3 DAYS PRIOR:**

Pradaxa  
Eliquis  
Savaysa  
Xarelto

**2 DAYS PRIOR:**

Ibuprofen  
Naproxen  
Meloxicam  
Anti-inflammatory

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

- YOU WILL BE SEDATED FOR 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.

\*\*\*\*IN ORDER TO BETTER MEET THE NEEDS OF OUR PATIENTS, WE RESPECTFULLY ASK THAT YOU GIVE US AT LEAST 72 HOURS NOTICE IF YOU NEED TO RESCHEDULE YOUR PROCEDURE. GIVEN THIS CONSIDERATION WE MAY MORE PROMPTLY MEET OUR PATIENTS NEEDS. \*\*\*\*

**IF YOU HAVE ANY QUESTIONS OR HAVE AN EMERGENCY ON THE DAY OF YOUR EXAM,**  
PLEASE CALL OUR OFFICE AT (865)-539-5372 OPT 2.

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

# **CLEAR LIQUID DIET**

## **DAY BEFORE PROCEDURE**

TEA (decaffeinated or regular)  
BLACK COFFEE (NO CREAMER/MILK)  
CARBONATED BEVERAGES (clear or light colored only)  
FRUIT FLAVORED DRINKS  
GREEN TEA  
LEMONADE  
GATORADE (NO RED OR PURPLE)  
POWERADE (NO RED OR PURPLE)  
WATER  
  
BOUILLION (BEEF OR CHICKEN)  
  
JELL-O (NO RED OR PURPLE)  
POPSICLE (NO RED OR PURPLE)  
  
SUGAR  
HONEY  
SYRUP  
HARD CANDY (NO RED OR PURPLE)  
SALT

## **4 DAY PRE-PROCEDURE DIET—FOODS ALLOWED**

MEAT—FISH, CHICKEN, PORK, TURKEY AND GROUND BEEF  
PASTA—NO RED SAUCE  
WHITE RICE  
DAIRY—CHEESE, MILK, PLAIN YOGURT  
EGGS  
WHITE BREAD