



## Colon, Stomach & Liver Center | Loudoun Endoscopy Group

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## Plenvu Prep Instructions

### Patient Information:

Patient Name:

Date of Birth:

Physician:

### Appointment Details:

Date of Procedure:

Procedure Time:

Registration Time:

### Location of Procedure:

**Loudoun Endoscopy Group:** 19455 Deerfield Avenue, Suite 201, Lansdowne, VA 20176  
*Phone: 703.723.3670 (Procedure Coordinator: Ext 206)*

**INOVA Loudoun Hospital:** 44045 Riverside Parkway, Lansdowne, VA 20176  
*Phone: 703.858.6000*

**South Entrance: Registration at the end of the hall on the left**

### Transportation Policy:

You will be under sedation, which will make it unsafe for you to drive following your exam. Therefore, you must have someone available to drive you home. A taxi or a bus is not an appropriate form of transportation from our facility. However, we offer a list of services at your request.

### Cancellation Policy:

If you cancel or reschedule your procedure, within five (5) business prior to the procedure, there may be a \$200 fee.

## INSTRUCTIONS:

**Failure to follow any of the instructions below may result in the cancellation of your procedure.  
If your procedure is cancelled, a penalty of \$200 may be applied to your account.**

1. Seven (7) days prior to your procedure, avoid foods containing seeds, nuts or corn. Stop taking iron, fish oil and diet pills. Do not take any blood thinners, such as aspirin, ibuprofen, advil, motrin and aleve. If you are taking any blood thinners, please notify us. These may need to be temporarily stopped before your procedure. Tylenol is allowed.
2. If you take medications in the morning, it is okay to take them at least 4 hours prior to your procedure. Please consume a tiny amount of water to take your medication. We encourage our patients to take their essential medications in the morning, especially blood pressure medication.
3. If you have asthma and/or sleep apnea, please bring your inhaler and/or CPAP machine with you to the procedure.
4. Do NOT have a CT-scan with contrast within in 5 days of your exam.
5. Several days prior to your procedure, you will received a phone call confirming your appointment and a review of your insurance benefits. If you do not receive a call, please call our office at 703.723.3670 to verify your appointment.
6. If you are schedule at a location other than Loudoun Endoscopy Group, anesthesia guidelines from the other facility may require you to have lab work and an EKG preformed prior to the procedure. If so, you should have received additional instructions.

The day of your procedure:

Do NOT eat or drink anything the day of your procedure. If you do, there is a risk of aspiration with the sedation. Therefore, your procedure may be cancelled or delayed. You may resume a normal diet after the procedure.

## PLENVU Instructions (Do Not Follow What's On the Box)

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### Diet Information

From midnight \_\_\_\_\_ until midnight \_\_\_\_\_ you will be on a clear liquid diet, no solid foods (the entire 24 hour day before your procedure). After midnight on \_\_\_\_\_ (the night before your procedure) you will remain NPO (nothing by mouth) until after your scheduled procedure.

### Prep Instructions: Completed the Day before the Procedure

**Step 1:** At 5PM mix the Plenvu solution.

- Use the mixing container to mix the contents of the Dose 1 Pouch with at least 16 ounces of water by shaking or using a spoon until its completely dissolved.
- This may take up to 2 to 3 minutes.
- Take your time-slowly finish the dose within 30 minutes.

**Step 2:** At 9 PM, begin drinking the second portion of your prep.

- Use the mixing container to mix the contents of the Dose 2(Pouch A and B) with at least 16 ounces of water by shaking or using spoon until its dissolved.
- This may take up to 2 to 3 minutes. Take your time and slowly finish the dose within 30 minutes.
- Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes

NOTE: PLENVU can be refrigerated. Use within 6 hours after its been mixed with water.

### Additional Information

You must drink the entire prep for the best results. Drinking plenty of water will also help. You can continue to drink clear liquids up until midnight. After midnight, though, nothing to eat or drink until after your procedure.

Clear Liquids are transparent. Avoid liquids with a red dye. For additional information, including types of diets, please visit [www.loudounslcenter.com/education.html](http://www.loudounslcenter.com/education.html)

If you are having an emergency or do not start having any bowel movements 2 hours after finishing step 4, call (703) 723-3670 to reach the on-call provider.

To cancel or reschedule your procedure, please contact the procedure scheduler at extension 206.

For additional information, please visit our website, [www.loudounslcenter.com](http://www.loudounslcenter.com). Follow the "Contact Us" tab to submit any questions; or ask our Procedure Scheduler at extension is 206.