

**Odessa Endoscopy Center**  
315 E 5<sup>th</sup> Street, Odessa TX 79761  
Phone: 432-335-8300 Fax: 432-335-8330

P. Parava M.D.

S. Vemulapalli M.D.

**PLENVU PREP**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

- **Your driver checks in with you ; but no visitors allowed to stay . They must wait in the car.**

7 DAYS before the procedure - **Stop** any iron supplements or weight loss medications.PHENTRAMINE, OZEMPIC, MUNJARO.

If you take BLOOD THINNERS, SEE PAGE 2 and follow your Doctor's Instructions

**PREP INSTRUCTIONS**

Date: \_\_\_\_\_ Take 3 Dulcolax (laxative) tablets at bedtime 2 nights before the test. (buy them over the counter)

Date: \_\_\_\_\_ Have a Clear Liquid Diet the day before the test. **All Day No Food! (prescription given)**

**8PM the day before the procedure (1<sup>ST</sup> POUCH)**

- Use the mixing container to mix the contents of Dose 1 pouch with at least the 16oz 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 your dose within 30 minutes.
- Refill the container with at least 16oz of clear liquid, again take your time and slowly finish all of it within 30 minutes. REFILL CONTAINER TWICE OR BUY 2 16OZ BOTTLE OF WATER OR DRINK OF CHOICE

**3AM the day of the procedure (2ND POUCH MIX A&B TOGETHER)**

- Use the mixing container to mix the contents of Dose 2 pouch with at least the 16oz 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 your dose within 30 minutes.
- Refill the container with at least 16oz of clear liquid, again take your time and slowly finish all of it within 30 minutes. (REFILL ONLY WITH WATER x1)

**Helpful tip: Plenvu can be refrigerated, use within 6 hours after it has been mixed with water.**

**CLEAR LIQUID DIET: Things allowed and recommended!!**

Sweet and Desserts: Jell-O (YELLOW ONLY), Popsicles, Clear hard candy  
Beverages: Soft drinks - Sprite, Ginger Ale, Ice tea, Apple juice (CLEAR)  
Soup: Chicken Bouillon, Consommé, Fat free soup broth

**NO COLOR DYES EXCEPT YELLOW & NO MILK PRODUCTS!!!**

**Nothing by mouth after midnight (no food, drink, gum or candy)**

Do **NOT** take your regular medication the morning of the test.

EXCEPT: If you take Blood pressure medication, Heart medication, seizure medication and asthma medication in the morning; take them 2 hours prior to procedure, with a small sip of water. Or you can wait till after the procedure to take them.

Do **NOT** take diabetic medication or Insulin. If you take evening insulin, take only half of the amount. Check your sugar the morning of the procedure.

- If you are a Dialysis patient you must go to dialysis day before procedure if not procedure will be cancelled if you have questions call facility and speak w/ a nurse.

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**IMPORTANT:**

- Even though you appear to be clean, please continue to take all the PREP.
- Bring all current medications or list of meds with you on the day of your procedure
- You will receive medication and will not be allowed to drive home. Estimated wait time could be 2-3 hours.
- Estimated fees are given at the time of scheduling and are due the day of the procedure unless prior payments arrangements have been made. Also someone will call you 3-4 days to remind you of your facility and Dr fees
- A nurse will call you 5 days before the procedure to confirm appointment and ask medical questions.

**Blood Thinners**

Here are a list of the common Blood Thinners and typical length of time we need them stopped for our procedure:

- Coumadin (Warfarin)- stop for 5 days
- Plavix (Clopidogrel)- stop for 7 Days
- Effient (Prasugrel)- stop for 7 days
- Pradaxa (Dabigatran)- stop for 2-3 days; if you have kidney disease talk with your Doctor as you may need to stop a longer period
- Xarelto (Rivaroxaban)- stop for 2 days
- Eliquis (Apixaban)- stop for 2 days
- Brilinta (Ticagrelor)- stop for 2 days
- Lovenox (Enoxaparin)- hold the am injection on the day of the exam

**There is no need to stop Daily Aspirin**

**\*\*A Possible cancellation fee may apply if appointment is not canceled within 72 hours of scheduled appointment\*\***