

**MANHATTAN ENDOSCOPY CENTER**  
**ALBERT M. HARARY, MD**  
**535 FIFTH AVENUE, 5<sup>TH</sup> FL.**  
**(Entrance on East 44<sup>th</sup> St. between 5<sup>th</sup> Ave and Madison)**  
**NEW YORK, NY 10017**  
**(212) 702-0123**

**PLENVU COLONOSCOPY PREPARATION**  
**(SPLIT PREP)**

**FOR ONE WEEK BEFORE THE COLONOSCOPY, DO NOT TAKE:**

- **aspirin**
- **iron medications**
- **vitamins**

**FOR 5 DAYS BEFORE THE COLONOSCOPY, DO NOT EAT:**

- **foods containing seeds (squash, tomatoes, cucumbers, pickles, peanuts, sesame seeds, poppy seeds, rye bread with seeds, popcorn etc.)**
- **foods with leaves (lettuce, spinach, kale, etc.)**

**YOU CAN HAVE WHITE RICE, BREAD, POTATO, OR PASTA WITH YOUR MEATS!**

**PURCHASE FROM YOUR PHARMACY (over the counter):**

1. 3 Dulcolax (Bisacodyl) pills

**PRESCRIPTION:**

1. PLENVU Prep

**MEDICATIONS:**

- **BLOOD THINNERS (Coumadin, Warfarin, Plavix, Dipyridamole, and Aggrenox) or DIABETES medications or injections: If you are taking these, call Dr. Harary's office for instructions.**
- **If you take any of the following medications, take them early in the morning on the day of the colonoscopy:**
  - Blood pressure medications**
  - Heart medications**
  - Seizure medications**
  - Medication for breathing problems****You may drink half a glass of water with these.**
- **Anti-inflammatory/ arthritis pain medications (Advil, Motrin, Aleve, Mobic, Relafen, Ibuprofen, Naproxen, etc.) should NOT be taken for 36 hours before the colonoscopy. Tylenol may be used.**
- **Cholesterol medications (statins) such as Zocor, Lipitor, Vytorin, Pravachol, can be taken the day or evening before the colonoscopy.**

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**PREPARATION:**

1. Beginning on \_\_\_\_\_, you can only drink clear liquids, such as tea, clear broth, Jell-o, water, apple juice, ginger ale, Crystal Light, flavored ices, ice pops, and clear carbonated beverages. You should drink a lot of these liquids. **Do not drink red or purple liquids, milk or coffee.** You may not eat any other food or drink until after the colonoscopy.
2. On the day before your colonoscopy, at 4PM, take three (3) Dulcolax (bisacodyl) tablets. You may feel some abdominal cramping, but this is usually brief.
3. At 5PM, drink 2 glasses (one pint) of PLENVU. You will need to mix up the PLENVU powder beforehand. You should mix the PLENVU (Dose 1) with water up to the fill line of the mixing container that comes with the PLENVU. Drink the PLENVU slowly over 60-90 minutes, then drink at least 2-3 more glasses of various clear liquids afterwards.
4. At 10pm, take Dose 2 of the PLENVU (2 pouches), in water filled to the fill line of the same mixing container. Drink additional clear liquids afterwards. There may be loose bowel movements 3 hours after taking this, so plan accordingly.
5. Do not eat or drink anything after \_\_\_\_\_ on \_\_\_\_\_. You should drink plenty of liquids until 4 hours before your colonoscopy. After this you should eat or drink nothing, not even water.

**APPOINTMENT:**

Time: \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_

**Manhattan Endoscopy Center at 535 Fifth Ave., 5th Floor**

**(on EAST 44<sup>TH</sup> ST. BETWEEN 5<sup>TH</sup> AVE AND MADISON).**

**PLEASE ARRIVE 30 MINUTES BEFORE SCHEDULED TIME.**

**NOTE:** Plan to be in the office for approximately two hours. You will not be able to drive a car for at least 12 hours after the procedure. You must arrange for an escort to pick you up after the procedure. If you have any questions, please call this office at (212) 702-0123

**SPECIAL INSTRUCTIONS:**

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