

**Michael P. Krumholz, M.D.**  
**111 East 80<sup>th</sup> Street Suite 1C**  
**New York, NY 10075**  
**Tel. (212)734-5533/Fax (212)717-1688**

## PREPARATION FOR COLONOSCOPY WITH PLENVU™

### YOUR EXAMINATION WILL BE PERFORMED AT:

**Manhattan Endoscopy Center**

**535 Fifth Avenue, 5<sup>th</sup> Floor (entrance on 44<sup>th</sup> Street between Madison & Fifth Avenues)**

**New York, NY 10017**

**Tel. (212) 682-2828**

**Please arrive 30 minutes prior to your scheduled appointment time.**

**IMPORTANT:** Please read these instructions carefully **at least one week before** your examination.

**PURCHASE:** One PLENVU™ Bowel Prep Kit. The office will send the prescription for the kit to the pharmacy, please provide the office with a pharmacy phone number at least 2 days before your Colonoscopy appointment. Also, purchase your choice of **clear fluids** from your grocery store. These include water, tea (hot or iced without milk or cream), apple juice, white grape juice, sports drinks (e.g., Gatorade), bouillon, broth (without noodles), Jell-O, sorbet, Italian ice, and popsicles. A container of Tucks or wet wipes (optional) may also be purchased.

### MANAGEMENT OF MEDICATIONS AND DIET:

**IMPORTANT:** If you take any “blood thinners”, such as Coumadin (warfarin), Xarelto, Pradaxa, Eliquis, Plavix or Effient, you must consult with your cardiologist, neurologist or primary care physician **BEFORE** discontinuing these medications as outlined below. **Many patients with a history of heart disease, stents, clotting disorders, and stroke, may be advised to CONTINUE these drugs. If your doctor advises you to continue any of these medications, or advises an alternative “blood thinner”, please inform the office. We will need a letter of clearance from the prescriber to confirm specified instructions and that you are stable to proceed. It may also be necessary for Dr. Krumholz to consult with your doctor.**

**If you are diabetic**, check with your prescribing physician about taking your diabetes medication the morning of your procedure. Call your prescribing physician if you have questions regarding other medications. Otherwise, you may take your daily medications with a sip of water the morning of your procedure. Please bring a list of all your medications.

### Seven days before your procedure

- Stop Plavix unless otherwise instructed by your physician.

### Five days before your procedure

- Stop Coumadin (warfarin) unless otherwise instructed by your physician.
- Stop iron supplements.
- Avoid foods containing seeds (e.g., berries, tomatoes) and high fiber containing foods (e.g. raw fruit and vegetables, grains, nuts, beans).

**Other medications referred to above may also need to be stopped for several days as determined by your physician.** We may also recommend that aspirin and other non-steroidal anti-inflammatory drugs (NSAIDS) such as ibuprofen (Advil, Motrin), and naproxen (Aleve) be discontinued for several days depending on your clinical situation and the

indication for your examination; if stopped, Tylenol (acetaminophen) may be substituted for pain relief.

### **One day before your procedure:**

You will need to follow a **CLEAR FLUID DIET**– see list of examples above. You should not have **ANY** solid food again until after your colonoscopy. **IT IS VERY IMPORTANT THAT YOU DRINK PLENTY OF CLEAR FLUIDS, INCLUDING WATER, THROUGHOUT THE DAY. YOU SHOULD ATTEMPT TO CONSUME AT LEAST 2 LITERS OF FLUID.** Avoid juices with pulp such as orange or grapefruit juice. Plain teas are OK, but avoid dairy products, cream, and soy. You may use sugar, honey, or lemon. Avoid liquids that are red and blue. Please avoid alcohol.

### **Dose 1 of the PLENVU™ SOLUTION to be completed at 6PM-7PM THE EVENING BEFORE YOUR PROCEDURE:**

- Empty the contents of **Dose 1** into the mixing container that comes with the kit.
- Add water to the fill line on the mixing container (at least 16 fl oz). Do not add other ingredients to the solution.
- Thoroughly mix with a spoon or shake with lid on securely until completely dissolved (which may take 2 to 3 minutes).
- Drink all the solution over the next 30 minutes.
- Refill the container to the fill line (at least 16 fl oz) with clear liquid of choice and drink over the next 30 minutes. Consume additional clear liquids during the evening.

### **On the day of your procedure:**

#### **Dose 2 of the PLENVU™ SOLUTION to be completed FIVE HOURS BEFORE YOUR PROCEDURE:**

- Empty the contents of **Dose 2 pouch A and Dose 2 pouch B** into the mixing container.
- Add water to the fill line on the mixing container (at least 16 fl oz). Do not add other ingredients to the solution.
- Thoroughly mix with a spoon or shake with lid on securely until completely dissolved (which may take 2 to 3 minutes).
- Drink all the solution over the next 30 minutes.
- Refill the container to the fill line (at least 16 fl oz) with clear liquid of choice and drink over the next 30 minutes.

**You may continue to drink clear fluids only until three hours before your examination.** It is very important that you complete the entire laxative prep to ensure that the colon is cleansed. If you feel nauseated or bloated, stop drinking for a short while. This is usually temporary. Then try to continue drinking at a slower pace. Usually liquid stools begin within two hours after you have taken the prep, though this may vary. Weakness may occur, especially if you have not taken enough fluid with the prep, so it is important to stay hydrated with other clear fluids.

### **Special Instructions:**

- **Do not drink anything (except water with medications) for three hours before your examination**
- You will be sedated for the procedure so you must have an adult escort you home
- You will not be able to drive until the next morning
- Plan on being at Manhattan Endoscopy for approximately two hours
- Read all of the instructions and literature provided to you carefully
- Please inform the office if you have had an inadequate bowel preparation at the time of a previous examination or a history of liver or kidney failure
- **If you need to cancel or reschedule your appointment, please provide the office with three business days notice**
- Call the office if you have any questions or concerns