

Prep: Plenvu

Your bowel prep is VERY IMPORTANT! Please follow these instructions carefully:

7-10 days before your procedure	<p>You will need:</p> <ul style="list-style-type: none"> • PLENVU bowel prep, <u>Rx sent to your pharmacy</u> • 4 Simethicone (Gas-X) Tablets (80mg each), <u>Rx sent to your pharmacy</u> • 6 packets of Miralax (17g per packet), can be purchased over-the-counter
3 days before your procedure	<p>After lunch:</p> <ul style="list-style-type: none"> • Mix 2 packets of Miralax (or measure out 34g), in any 8 to 16 oz of water, Gatorade or plain juice, then drink.
2 days before your procedure	<p>At breakfast:</p> <ul style="list-style-type: none"> • Start a soft and low residue diet (see handout) <p>After lunch:</p> <ul style="list-style-type: none"> • Mix another 2 packets of Miralax (or measure out 34g) in water, Gatorade or juice and drink
Day before your procedure	<p>Breakfast:</p> <ul style="list-style-type: none"> • As soon as you wake up, you will need to be on a clear liquid diet only (see handout). NO SOLID FOOD TODAY. • Do not drink anything that is colored red or purple <p>Lunch:</p> <ul style="list-style-type: none"> • Mix another 2 packets of Miralax (or measure out 34g) in water, Gatorade or juice and drink <p>Late Afternoon/Evening:</p> <ul style="list-style-type: none"> • Take two Simethicone Tablets (Gas-X) at 5pm • PLENVU has a two-part regimen, at 5:00pm open and pour contents of DOSE 1 pkg into container and add water to fill line, drink over 30 minutes. <u>Follow this with 16 oz of WATER</u> over another 30 minutes. • Bowel movements usually occur 1 to 3 hours after starting the prep. • Feelings of bloating and/or nausea are common. If you have these symptoms, stop drinking the prep for a short time then continue or take smaller sips and finish within 30 minutes • IMPORTANT: continue to drink clear liquids to avoid dehydration.
Procedure Day	<p>5-6 hours prior to your procedure:</p> <ul style="list-style-type: none"> • Pour DOSE 2 (Dose 2 Pouch A & Dose 2 Pouch B) into container, add water to fill line and SLOWLY drink over 30 minutes, followed by 16 oz of water over another 30 min. Finish both doses 3-4 hours prior to your procedure. • Take 2 more Simethicone Tablets (Gas-X) when PLENVU is complete <p>3 Hours prior to your procedure time:</p> <ul style="list-style-type: none"> • Clear liquids are ok up until 3 hours prior to your procedure, after that, strictly nothing by mouth – no water, gum, mints, cigarettes, marijuana, chewing tobacco • Please take your regular medications ESPECIALLY blood pressure meds with just enough water to swallow the pills • Your bowel movements should be: liquid and clear/yellow or urine-like

<u>LOW RESIDUE DIET</u> (3-5 Days Before Procedure)	<u>SOFT DIET</u> (Two Days Before Procedure)
FRUIT: <ul style="list-style-type: none"> • BANANAS, CANTALOUPE, HONEYDEW, SEEDLESS WATERMELON • PEELD AND COOKED FRUITS LIKE APPLESAUCE, PEACHES, APRICOTS, PEARS AND NECTARINES • FRUIT JUICES WITHOUT PULP • AVOID RAW FRUIT WITH SKINS OR SEEDS • AVOID BERRIES, CITRUS FRUITS AND DRIED FRUITS 	<ul style="list-style-type: none"> • WHITE BREAD • AVOCADO • WATERMELON • SMOOTHIES • WHITE RICE, NOODLES, AND PASTA • COOKED POTATOES WITHOUT SKIN • YOGURT (VANILLA, PLAIN) • RIPE BANANAS • LEAN AND TENDER MEATS, CHICKEN, FISH AND PORK • TOFU • EGGS • CHEESE (SUCH AS PROVOLONE, SWISS, MOZZARELLA) • COTTAGE CHEESE • GELATIN, PUDDING, AND POPSICLES
VEGETABLES: <ul style="list-style-type: none"> • WELL-COOKED, PEELED VEGETABLES WITHOUT SEEDS OR SKINS: CARROTS, GREEN BEANS, PEELED POTATOES • STRAINED VEGETABLE JUICES WITHOUT PULP • AVOID RAW VEGETABLES, VEGETABLES WITH SKINS/SEEDS: BROCCOLI, CAULIFLOWER, BRUSSEL SPROUTS, CABBAGE 	
PROTEINS: <ul style="list-style-type: none"> • EGGS, SMOOTH PEANUT BUTTER • TENDER CUTS OF MEAT INCLUDING CHICKEN, TURKEY, FISH, PORK, LAMB • TOFU AND SOFT-COOKED MEATS • AVOID BEANS, LENTILS, NUTS, SEEDS AND TOUGH MEATS WITH GRISTLE 	<ul style="list-style-type: none"> • CLEAR BROTH, BOUILLON, OR CONSOMME • GELATIN (SUCH AS JELLO) • POPSICLES • SWEETENERS, SUCH AS SUGAR OR HONEY MAY BE USED • CLEAR FRUIT JUICES, SUCH AS WHITE CRANBERRY, WHITE GRAPE, APPLE • SODA, SUCH AS 7-UP SPRITE, GINGER ALE, SELTZER, GATORADE • BLACK COFFEE (NO CREAM) TEA • <u>Note to stay away from RED, PURPLE AND BLUE dyed foods and drinks!</u>
DAIRY: <ul style="list-style-type: none"> • MILK, CHEESE, YOGURT WITHOUT ADDED FRUITS, SEEDS OR NUTS • SOUR CREAM 	
AVOID HIGH FIBER FOODS (WHOLE-GRAIN BREADS AND CEREALS, NUTS, SEEDS)	

Diabetic and GLP-1 Agonist Medication Instructions

Before a colonoscopy or EGD, diabetic patients need to carefully **manage both their blood sugar** and **medication regimen** to ensure a smooth procedure and good recovery. Here's a general approach for medication management for diabetic patients prior to a colonoscopy or EGD:

- You will need to **check your blood sugar more often**. Please check more frequently and at bedtime the first prep day.
- Please check your blood sugar if you experience any **symptoms of low or very high blood sugar**: *Dizziness, confusion, difficulty concentrating, increased thirst, hunger, blurred vision headache*.
- It is important that you still **manage carbohydrates/sugar during your preparation**: Try to get 45 grams of carbohydrates in your liquids at mealtimes. Aim for 15-30 grams of carbs during snack times while on liquids.
- **Avoid dehydration**. Proper hydration is crucial, especially since the preparation for colonoscopies involve laxatives that can lead to fluid loss. Continue to drink clear liquids up until 3 hours prior to your procedure start time.

Please utilize the table for instruction on medication management as you begin your prep and on the day of the procedure. Contact us if your medication is not listed.

Medication	Day before Procedure			Day of Procedure
	AM	Lunch	PM	
Actos (pioglitazone) Farxiga (dapagliflozin) Glucophage (metformin) Invokana (canagliflozin) Januvia (sitagliptin) Janumet	Take usual dose	Take usual dose		Take usual dose
Amaryl (glimepiride) Glucotrol (glipizide) Glucotrol XL Jardiance (empagliflozin)	Do not take	Do not take	Do not take	Do not take
Ozempic, Wegovy, Rybelsus (semaglutide) Trulicity (dulaglutide) Victoza, Saxenda (liraglutide) Bydureon, Byetta (exenatide) Adlyxin (lixisenatide)	If you take any of these weekly , please hold 1 week prior to your procedure. If you take any of these daily , please skip the dose the day before your procedure			Do not take
Lantus or Levemir	Take usual dose		Take usual dose	Take ½ usual dose
Humalog, Novolog, Regular Insulin or NPH *If you use a SLIDING SCALE, please continue as usual	Take ½ usual dose	Take ½ usual dose		Do not take
Insulin Pump	Please contact your endocrinologist			