

## Athens Digestive Healthcare Associates

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### **SUPREP / CLENPIQ / PLENVU INSTRUCTIONS**

FOLLOW ONLY THESE INSTRUCTIONS. DO NOT FOLLOW INSTRUCTIONS ON PREP PACKAGE.

*You **MUST** have a driver accompany you to your procedure, **STAY ON THE PREMISES** during your procedure and escort you home safely. **NO UBER, NO LIFT, NO TAXI, NO DROP OFF. IF SO, YOU WILL NOT HAVE YOUR PROCEDURE AND WILL NEED TO RESCHEDULE.***

**DAY BEFORE PROCEDURE: CLEAR LIQUID DIET ALL DAY.** You may have black coffee, tea, apple juice, white grape juice, soft drinks, Gatorade, broth (chicken/beef/vegetable), Jell-O, popsicles, and hard candy. Do not consume nuts/seeds for 7 days prior to your procedure.

**NO SOLID FOODS, NO NUTS/SEEDS, NOTHING RED OR PURPLE IN COLOR, NO MILK OR MILK PRODUCTS, NO ALCOHOL.**

**PLEASE DRINK PLENTY OF WATER THE DAY BEFORE YOUR PROCEDURE;** You can substitute gatorade or flavored water. Keep your body extra hydrated.

**DRINK TWO DOSES THE DAY BEFORE YOUR PROCEDURE.**

These instructions apply to all scheduled colonoscopies.

- Drink 1st dose at 5 pm. *(for Plenvu only: Mix Dose 1 [Pouch A] with 16 oz of water)*
- Drink 2nd dose at 10 pm. *(for Plenvu only: Mix Dose 2 [Pouch A & B] with 16 oz water)*

- NOTHING TO EAT OR DRINK THE MORNING BEFORE YOUR PROCEDURE!**
- IF YOUR PROCEDURE IS SCHEDULED BETWEEN 12:30 pm-3:30 pm, A CLEAR LIQUID DIET IS ALLOWED BEFORE 7 AM ONLY, THEN NOTHING TO EAT OR DRINK AFTER.***

You may take your medications with only a SIP OF WATER, enough to swallow your pill. **DO NOT TAKE ANY BLOOD THINNERS, ACID REFLUX (IF YOU ARE ALSO HAVING AN EGD) OR DIABETIC MEDICATIONS.** You may continue to take your blood pressure medication the morning of your procedure. We will check your sugar levels and will provide you something if your level is too low. **DO NOT** drink any juices or anything sweet that may elevate your sugar.

Date \_\_\_\_\_

Time \_\_\_\_\_