

**Bryn Mawr Medical Specialists Endoscopy Center
Plenvu Colonoscopy Preparation-Afternoon Procedure**

Appointment Date: _____ **Arrival Time** _____

7 Days Prior	5 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>Arrange a ride. You will be sedated for this procedure & <u>must</u> have an escort, over the age of 18, to drive you home. You are <u>not</u> permitted to take a cab or Uber ride home, unless you are accompanied by a responsible adult (family or friend).</p> <p>Please make necessary arrangements or speak with our office regarding ride concerns.</p> <p>You are not permitted to drive, work, exercise, operate equipment or drink alcohol, for the remainder of the day, after your procedure.</p> <p>If you are diabetic, please inform your Primary Care Physician or Endocrinologist about your scheduled procedure and discuss your diabetic medications. Adjustments to your medications must be made.</p>	<p>Stop taking the following medications: Vitamins, Herbal Supplements, Ibuprofen (Advil, Motrin) or Aleve.</p> <p>If you take Aspirin as requested by a cardiologist: <u>DO NOT</u> stop Aspirin</p> <p>If you take Aspirin for general health and not because of cardiac reasons: <u>DO</u> stop Aspirin</p> <p>If you take blood thinners, such as Coumadin or Plavix, <u>carefully follow the instructions, provided at the time of scheduling, regarding need to hold them. You may be asked to contact your cardiologist for <u>special instructions to hold blood thinners.</u></u></p> <p>Check with your insurance company for the following: -Benefits -Deductible -Co-Pay for outpatient surgery Co-Pays and deductibles are paid the day of your procedure.</p>	<p><i>*Last Chance to cancel your procedure without a \$100 cancellation fee: physician office (610) 525-9570.</i></p> <p>Review upcoming dietary needs for the next 2 days.</p> <p>Purchase Plenvu with prescription.</p> <p>Disregard instructions on the box & follow these instructions.</p> <p>Stop eating nuts, seeds and berries.</p>	<p>Drink at least 8 glasses of water throughout the day.</p> <p>Begin a “Low residue Diet” today (see handout).</p> <p>Remember to fill out your online health history from the link sent to your email address. If you do not have access to email or have trouble accessing it, a nurse will call you 1 day prior to your appointment and take your health history over the phone. Please allow time for this phone call.</p>	<p>Start “Clear Liquid Diet” today (see handout). No Red or purple liquids</p> <p>At 5pm, pour packet# 1 of Plenvu into mixing container provided. Add cool drinking water to 16oz fill line and drink all the liquid. You MUST drink (1) more 16oz container of water over the next hour.</p> <p><u>CONTINUE DRINKING CLEAR LIQUIDS THOUGHOUT THE DAY AND EVENING, IN ADDITION TO WHAT IS REQUIRED</u></p> <p>If you vomit the preparation, please call the Physician on call at (610) 526-0881.</p>	<p>Take heart and blood pressure medications.</p> <p>At 6am pour packet# 2, pouches a+B of Plenvu into mixing container provided. Add cool drinking water to 16oz fill line and drink all the liquid. You MUST drink (1) more 16oz container of water over the next hour.</p> <p>The bowel prep must be completed 4 hours prior to your arrival time. <u>Then nothing by mouth.</u></p> <p>Be sure to bring your current insurance card and photo ID with you.</p> <p>Your driver must be present at time of discharge.</p> <p>Bryn Mawr Medical Specialists Endoscopy Center is <u>located</u> in Suite 330 of the <u>Bryn Mawr Medical Arts Pavilion</u> at 825 Old Lancaster Road, Bryn Mawr- <u>NOT</u> at Bryn Mawr Hospital.</p>