

Bryn Mawr Medical Specialists Endoscopy Center
Plenvu Colonoscopy Preparation-Morning Procedure

7 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>Please review the Pre-Procedure Instructions for IMPORTANT information regarding diet, medication, and lifestyle alterations that may affect your Prep.</p> <p>Please take the time to sign in to and complete the online health history questionnaire. The link should have been sent to your email address from noreply@bmmsa.com</p> <p>If you are unable to sign in to the online health history questionnaire or have technical difficulties, an Endoscopy nurse will call you a day or two prior to your procedure to answer these questions over the phone.</p> <p>If you have frequent constipation, please call the office for special prep instructions. 610-525-9570.</p>	<p>Begin a “Low residue Diet” today (see handout).</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>Continue a “Low residue Diet” today (see handout).</p> <p>If you have not filled out your online health history questionnaire, please complete this today or allow time to speak with the Endoscopy nurse when they call</p>	<p>Start “Clear Liquid Diet” today (see handout). No Red or purple liquids</p> <p>At 5pm, pour Plenvu packet# 1 into mixing container provided. Add cool 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>At 9pm pour Plenvu packet# 2 dose, pouches A+B 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>If you vomit the preparation or have other medical concerns, please call the Physician on call at (610) 526-0881.</p>	<p>Clear Liquid Diet today up until 4 hours prior to your appointment.</p> <p>NOTHING BY MOUTH FOR 4 HOURS PRIOR TO YOUR APPOINTMENT!!</p> <p>Please arrive 45 minutes prior to your appointment.</p> <p>Bryn Mawr Medical Specialists Endoscopy Center is located in Suite 330 of the Bryn Mawr Medical Arts Pavilion at 825 Old Lancaster Road, Bryn Mawr- NOT at Bryn Mawr Hospital.</p> <p>You must have a responsible adult drive you home and they must be present in our Endoscopy Center upon discharge.</p>

Visit our website at www.BMMSA.com/endoscopy