

Bryn Mawr Medical Specialists Endoscopy Center
Plenvu Colonoscopy Preparation-Afternoon 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 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>Please continue to drink additional clear liquids throughout the day and evening.</p> <p>If you vomit the preparation or have other medical concerns, please call the Physician on call at (610) 526-0881.</p>	<p>At 6am 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>The bowel prep <u>must be completed 4 hours prior to your arrival time. Then nothing by mouth.</u></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 <u>Bryn Mawr Medical Arts Pavilion</u> at 825 Old Lancaster Road, Bryn Mawr- <u>NOT</u> 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