

If you have questions, Please Contact Liz @ (703) 858-3060, ex.4



Procedure Date: \_\_\_\_\_

Time of Procedure: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

**Inova Loudoun Hospital is located at 44045 Riverside Parkway, Leesburg, VA 20176  
Check in at Outpatient Registration**

At your office visit we reviewed your medical risk factors, however the anesthesia team may require additional information or screening prior to the procedure.

### **You may need to make changes to your daily medicines**

- If you take insulin for diabetes, we will require an Electrocardiogram (EKG) dated within a year of the procedure.  
If you have diabetes call the doctor who manages your diabetes to discuss how to manage your medicines for this procedure.
- If you take blood thinners such as Plavix, Coumadin, Xarelto, Effient, Pletal, Eliquis, Fragmin, Pradaxa, Brillinta, Innohep, Savaysa, Lovenox, Heparin, or any other blood thinner not on this list, you will need additional instructions provided from the doctor who manages your medication and you may also need a medical clearance. It is very important for us to receive the instructions on your blood thinner in a timely manner, as you may require additional testing. Please plan to have all tests done as soon as possible to avoid rescheduling the procedure.

### **7 DAYS BEFORE YOUR PROCEDURE**

You should stop taking non-steroidal anti-inflammatory (NSAID) medications, such as Ibuprofen, Motrin, Aleve, Advil, and Naproxen. You may continue to take Aspirin if recommended by your doctors, otherwise stop **Aspirin 7** days before the procedure.

- If you take a PPI such as Nexium, Protonix, Prevacid, Aciphex, Prilosec, and Dexilant please take your regular dose up through the day before the procedure.
- If you take any **Blood Pressure** medications, please continue taking them including the morning of the procedure with a sip of water.

Because you are not allowed to drive for 24 hours, and to help ensure your safety, an adult must accompany you and drive you home. Your ride must be available to pick you up when the nurse calls. Transportation by taxi is acceptable as long as a responsible adult is with you.

***We have found the need to implement a \$300.00 fee for the cancellation of the procedure less than 10 days of the surgery. Please note that our office may need to move your surgery date and time and for this instance you will not be charged.***

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## **PLENVU BOWEL PREP KIT INSTRUCTIONS**

- PLENVU Bowel Prep Kit is indicated for cleansing of the colon as a preparation for a colonoscopy in adults.
- Be sure to tell your doctor about the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. PLENVU Bowel Prep Kit may affect how other medicines work.
- Medication taken by mouth may not be absorbed properly when taken within one hour before the start of each dose of PLENVU Bowel Prep Kit.
- The most common adverse reactions after administration of the PLENVU Bowel Prep Kit were: overall discomfort, abdominal distention, abdominal pain, nausea, vomiting, and headache.
- If you have any questions about taking PLENVU Bowel Prep Kit, call your doctor.

**FIRST DOSE: Begin Step 1 at the time designated by the doctor the evening before your procedure and proceed according to the following steps:**

1. Pour the **Dose 1** pouch of PLENVU liquid into the mixing container.
2. Add cool drinking water to the 16-ounce line on the container and mix either by shaking or stirring until it completely dissolves, this may take 2-3 minutes. **Note:** *Dilute the solution concentrate as directed prior to use.*
3. Drink **ALL** the liquid in the container. **Sip Slowly over 30 Minutes.**
4. You **must** drink two or more 16-ounce containers of water/clear liquids over the next hour.

**SECOND DOSE: 15 Minutes prior to starting the 2<sup>nd</sup> dose, drink 16-ounces of water/clear liquid. Begin Step 1 at the time designated by the doctor on the morning prior to your procedure and proceed according to steps 1-4.**

For this dose, use the Dose 2 pouches (Pouches A & B).

**CONTINUE DRINKING CLEAR LIQUIDS/WATER.**

**YOU MUST STOP DRINKING WATER/CLEAR LIQUIDS 4 HOURS PRIOR TO YOUR SCHEDULED PROCEDURE.**

**Contact Office if you have any questions about the Preparation. Call (703) 858-3060, ex. 4.**