



WHAT TO BRING AND DO PRIOR TO PROCEDURE:

- Please bring your PHOTO ID and INSURANCE CARD.
- Please bring a list of your current medications (including non-prescription) and allergies.
- **YOU MUST HAVE A DRIVER 18 YEARS OF AGE OR OLDER WHO WILL ACCEPT RESPONSIBILITY AND DRIVE YOU HOME.** They will be notified when your procedure is over and MUST be present at the time of discharge to receive instructions and teachings. You are NOT allowed to take a bus, taxi, access a Ride, walk home etc.
- **If you do not have a ride, your procedure will be cancelled or rescheduled.**
- You should plan to be at our facility for at least 2 hours.
- Read prep instructions THOROUGHLY.
- **DO NOT DRINK ANYTHING FOR 3 HOURS BEFORE YOUR PROCEDURE.**

The Wyoming Endoscopy Center is located just North of Digestive Health Associates in New Bedford Square. The address is 7220 Commons Circle, Cheyenne WY 82009

PLENVU PREP INSTRUCTIONS

5 Days prior to your procedure:

- Discontinue Iron and Fish oil
- If on blood thinners please make us aware, but you will need to consult with prescribing physician for possible hold or alterations of blood thinner (Coumadin, Warfarin, Pradaxa, Xarelto and Eliquis)
- If you are diabetic, please see Diabetic Instructions.

3 Days prior to your procedure:

- Discontinue Fiber Supplements
- Begin a low-fiber Diet...please see Diets and Tips.

1 Day prior to your procedure:

- The day before your procedure you may have a light breakfast before 9:00am (Soft egg, Dried Toast)
- After 9:00am you will begin a clear liquid diet...please see Diets and Tips
- Hydration is important and it's part of the prep. Make sure to hydrate before, during and after the prep.
 - At 6:00pm (night before) using the mixing container found in your kit, mix the contents of the Dose 1 pouch with 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time and slowly finish the full dose/container within 30 minutes.

- Refill the container with 16 more ounces of clear liquid. Again, take your time and slowly drink the liquid within 30 minutes.
- By 7 :00pm, you should have drunk 16 ounces bowel prep and 16 ounces of any approved clear liquid (approved liquids found below).
- Continue to drink additional clear liquids of your choice throughout the evening.
- Please keep the container that comes with your prep kit to use the following day.

The Day of your procedure:

- Beginning 5 hours prior to your procedure, at: ____ [5 hours], you will begin to mix the second part of your prep. Using the same container as before mix contents of Dose 2 (Pouch A and Pouch B) with 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time and slowly drink the dose within 30 minutes.
- Refill the container with 16 more ounces of clear liquid. Again, take your time and slowly drink the liquid within 30 minutes.
- Within 1 hour you have drank 16 ounces of bowel prep and 16 ounces of any approved clear liquid.
- Continue to drink additional clear liquids.
- 3 HOURS PRIOR TO YOUR PROCEDURE, AT: _____ [3 hours before procedure], YOU MAY NOT HAVE ANYTHING BY MOUTH, including clear liquids, candy, mints, gum and no smoking or electronic cigarettes. Please do not use chewing tobacco for 6 hours prior to your procedure.

3 HOURS PRIOR TO YOUR PROCEDURE YOU MAY NOT HAVE ANYTHING BY MOUTH including Clear Liquids, Candy, Mints or Gum

Please do not bring any valuable items to the Wyoming Endoscopy Center. We will not be held responsible for replacing any lost or misplaced items. Thank you.

DIET and TIPS

Bowel Prep is needed to perform an effective Procedure. If your bowel prep is not sufficient it will result in the need to reschedule the procedure as we will not be able to see lesions or polyps.

High Fiber foods to AVOID 3 days prior to procedure:

- whole wheat or whole grain breads, cereals, and pasta
- brown or wild rice, oats, kasha, barley, and quinoa
- Fruits (fried and prune juice)
- seeds/nuts and foods containing them, peanut butter.
- Dried beans, peas and lentils
- Coconut, Popcorn
- Vegetables (this includes both raw and undercooked)

Low Fiber ALLOWED:

- white bread
- white rice, plain white pasta, crackers
- refined hot cereals: such as cream of wheat or cold cereals less than 1 gram of fiber per serving.
- pancakes/waffles made from refined flour.
- fruit/vegetables juice with little or no pulp, fruit flavored drinks/flavored water
- tender meat, poultry, fish, eggs and tofu
- milk and foods made from milk, yogurt, pudding, ice cream, cheese and sour cream-if tolerated
- butter, margarine, oils and salad dressing without seeds

CLEAR LIQUID DIET

- water, sports drinks, energy drinks, clear soda's (7-up, sprite, ginger ale) tea, black coffee, juice without pulp
- Clear broths, gelatin, popsicles (yellow or green)
- sugar, honey, syrup and hard candy
- **DO NOT EAT ANYTHING RED OR CONTAINING RED DYE**
- avoid flavors such as: strawberry, cherry, watermelon, grape and orange.

NO SOLID FOODS, NO MILK PRODUCTS, NO ORANGE JUICE and NO ALCOHOL