

#### 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, 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.
- If you use any inhalers, please bring them with you to your appointment.
- Read prep instructions THOROUGHLY.
- **DO NOT DRINK ANYTHING FOR 3 HOURS BEFORE YOUR PROCEDURE.**
- If your procedure is scheduled for the following times, then your driver must stay at the Wyoming Endoscopy Center. They may not leave the premises. Monday - Thursday at 4:00pm or 4:30pm Friday at 10:30am or 11:00am

The Wyoming Endoscopy Center is located just North of Digestive Health Associates. The address is 7220 Commons Circle, Cheyenne WY 82009 and the phone number is 307-462-0698.

#### PLENVU Prep Instructions

- **PLEASE HOLD ANY GLP1 agonist for weight loss or diabetes for 1 week (tablets 24 hours) prior to your scheduled procedure.** These must be stopped prior to procedure due to increased risk for delayed gastric emptying. These medications include but are not limited to: Dulaglutide (TRULICITY), Exenatide (BYETTA), Exenatide Extended Release, (BYDUREON BCISE), Liraglutide, Saxenda (VICTOZA), Lixisenatide (ADLYXIN), Semaglutide, Wegovy, Rybelsus (OZEMPIC) and Tirzepatide (Mounjaro).
- If you take any of these medications for blood sugar control please contact your prescribing Provider for instructions. Not stopping these medications can result in cancelation of your procedure or require you to have a repeat procedure.

**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.



- Please pick up prescriptions from pharmacy (colon prep and optional anti-nausea medication called ondansetron) at your pharmacy. These prescriptions were sent electronically to your pharmacy at the time you were scheduled. If you do not pick these up within 7 days, your prescription may be filled and then put back on the shelf. Please call your pharmacy to verify the prescription is ready for pick up.

- You may take 4mg of Ondansetron every hour (up to 2 doses) with each prep dose for nausea.

**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: \_\_\_\_\_, 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 drunk 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 \_\_\_\_\_, 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. Failure to follow these instruction could result in your procedure being cancelled.

Please do not bring any valuable items to the Wyoming Endoscopy Center, however, please remember to bring your insurance cards and photo ID. We will not be held responsible for replacing any lost or misplaced items. Thank you.

**\*\*\*DIETS and TIPS\*\*\***

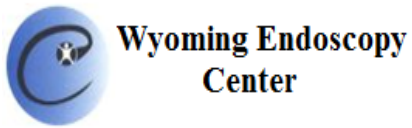
Bowel Prep is needed to perform an effective Procedure. If your bowel prep is not sufficient it will result in the need to reschedule the procedure as we will not be able to see lesions or polyps.

**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 (Dried 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 sodas (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**