

PLENVU Constipation AM - Colonoscopy/EGD with Bravo Preparation Instructions

Appointment Date: **Check In Time:** **Procedure Performed by:**

You will need:

- Your Plenvu bowel prep. Please pick up ahead of time. This prescription was sent to your pharmacy when your procedure was scheduled.
- **Magnesium Citrate** - One 10oz. bottle (No Red). This is available over the counter in the laxative section.

Special Medication and Diabetic Directions: See separate instructions.

It is IMPORTANT to follow these instructions regarding your acid blocking medications or we will not get accurate results.

Stop _____ **on** _____

You should also not use Zantac (Ranitidine), Pepcid (Famotidine), or Tagament (Cimetidine) 48 hours before study.

Let your doctor or staff know if you have an allergy or sensitivity to nickel.

Take **ESSENTIAL** medications (blood pressure, heart and seizure medications for example) **at least 2 hours before your exam.**

You also need to arrange for an **adult driver** that is able to walk on their own, help you in and out of a car, drive you home and remain with you for 6 hours?

If these instructions have not been followed your appointment may be delayed or cancelled.

If you received these instructions by email, you will also receive an attachment with additional important information.

Bravo pH Patient Instructions

Diet: We do NOT need to know what you ate. You may resume your normal diet when leaving the Endoscopy Center. Log the start time and end time of each meal by pushing the appropriate buttons on the receiver.

Liquids: Try to drink liquids only at meal times if possible.

Sleeping: Log the time that you lay down, whether lying on the sofa or going to bed, and the time that you get up by pushing the appropriate button on the receiver. These times are the most missed. If you lay with the head of your bed up, note that in your journal, whether it be on pillows, a wedge or a recliner.

Medications: If your symptoms become severe, you may take an antacid such as Maalox, Mylanta, Tums or Roloids to relieve discomfort. Remember to log them in your journal with start and stop time, antacid with dose and amount, and the symptoms you are treating.

Symptoms/Events: Do not document on your journal any symptoms for which you have pressed the buttons on the receiver. If you experience other symptoms, document those in the journal with start and stop time. Examples of these might be shortness of breath, nausea or vomiting with your heartburn event.

Pain: You may take acetaminophen (Tylenol) for this pain if needed. If you experience severe pain or difficulty swallowing, please call the office. Please stay away from Ibuprofen, Naproxen, or Aspirin as pain relievers during this study.

Receiver: The receiver must be within 3 feet to record the data. If it is unable to record it will beep and a "C-1" code will appear on the screen. If this happens please hold the receiver to your chest and it will reset itself and begin receiving data again. This piece of equipment is expensive, please take care not to drop it or get it wet.

You may set the receiver on the counter in the bathroom while showering, or your nightstand while sleeping; otherwise it should be attached to you with the clip or strap.

The pH probe will fall off in 5-7 days and pass through your digestive system naturally. There is no need to try to retrieve the probe. **If you have an MRI within the next 30 days of this test please inform the radiology technician so they can make sure the probe completely passed from your body. This probe does contain a small amount of metal.**

Follow up: Please come to your follow up appointment with the clinic nursing staff and bring the receiver and your journal.

One week before

Stop taking iron pills, vitamins or herbal supplements in the pill form.

Take your usual prescription medication during prep unless told not to.

Aspirin, Ibuprofen and Tylenol are OK if needed.

Avoid foods with seeds (flax seeds, popcorn, nuts and berries). They clog the colonoscope.

Two days before

Stop taking fiber supplements: Metamucil, Citrucel, etc.

Begin Clear Liquid Diet. No Solid Food. You may have: water, coffee, tea, (No milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon, popsicles, and JELL-O.

Avoid the color **red** in all liquids. Avoid alcohol.

5:00 pm: Drink the 10 oz. bottle of Magnesium Citrate (No Red) followed by a full glass of water.

1 Day before your colonoscopy

Begin Clear Liquid Diet. No Solid Food.

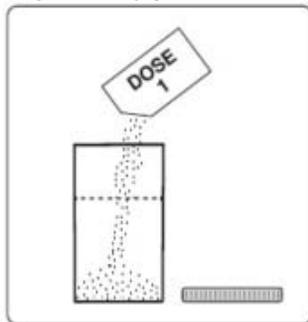
NO SOLID FOOD. You may have: water, coffee, tea, (No milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon, popsicles, and JELL-O.

Avoid the color **red** in all liquids. Avoid alcohol.

4 PM: Take **Dose 1. See below steps.**

Dose 1:

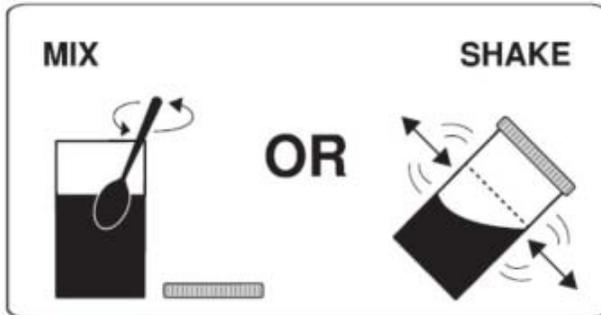
Step 1a: Empty Dose 1 into the mixing container that comes with your PLENVU.



Step 1b: Add water to the fill line. You will need to add at least 16 ounces.



Step 1c: Mix the water and PLENVU together with a spoon or put lid on mixing container securely and shake the water and PLENVU, until it is completely dissolved. This can take 2 to 3 minutes.



Step 2: Drink the entire contents of the mixing container over the next 30 minutes.

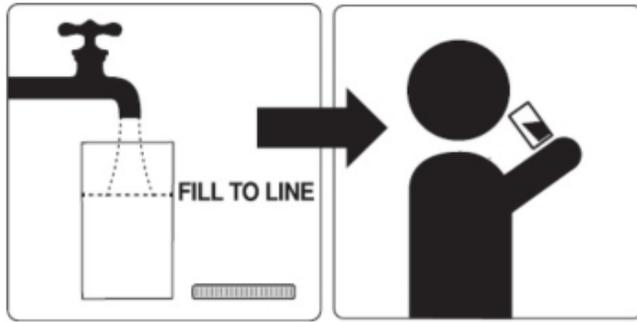
If you feel like you have severe stomach pain or discomfort you can stop taking PLENVU for a short time and then continue taking it or you can take smaller sips of PLENVU so that you space out your dose longer than 30 minutes. If you still have severe stomach pain, call your healthcare provider.



Step 3: Rinse the mixing container with water. Refill to the fill line with clear liquids.

This will be at least 16 ounces. Drink the entire contents of the mixing container over the next 30 minutes.

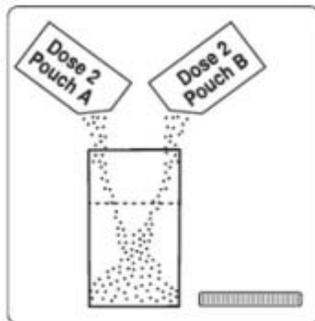
Continue to drink additional clear liquids during the evening as this is important to help avoid dehydration. For a list of clear liquids, see examples at the top of the Instructions for Use.



After taking PLENVU if you have any bloating or feeling like your stomach is upset, wait to take Dose 2 until your stomach feels better.

11 PM: Take Dose 2

Rinse the mixing container with water. Repeat Steps 1, 2 and 3 but this time for Dose 2 you will empty two dose pouches (Dose 2 Pouch A and Dose 2 Pouch B) into the mixing container at the same time.



After drinking your 16 ounces of water mixed with PLENVU and the 16 ounces of the clear liquids, **it is important that you drink additional clear liquids to help avoid dehydration.** For a list of clear liquids, see examples at the top of the Instructions for Use.

Day of your colonoscopy

Continue Clear Liquid Diet. No Solid Food.

Take your regular morning medications at least 2 hours before your appointment.

DO NOT put ANYTHING in your mouth the 2 hours before your procedure.

This includes but is not limited to: bowel prep, medication, hard candy, chewing gum and chewing tobacco.

No Food. No Drink. 2 hours.

You also need to arrange for an **adult driver** that is able to walk on their own, help you in and out of a car, drive you home and remain with you for 6 hours.