



## GETTING STARTED

### SPECIAL INSTRUCTIONS

Please follow all instructions on this sheet carefully, failure to do so could result in a cancellation or postponing procedure.

No using tobacco or marijuana after midnight prior to procedure

### DIABETIC PATIENTS

If you take insulin (pills or injections) you will take a 1/2 dose the day before the procedure and then you will NOT take any the morning of.

### BLOOD THINNERS

If you are taking any blood thinners (I.e. Eliquis, Warfarin, Plavix, etc) please hold those prior to the procedure, our office will let you know how many days to hold.

### TRANSPORTATION

You will not be able to drive that day, anyone 18 or older will be fine to drive you home.

Public transportation is not allowed, (i.e. lyft, uber, bus, taxi, or ride-share). Good Shephard (479-283-6285) and Medicaid transportation services are allowed.

Please avoid any fiber, nuts, corn, popcorn or salad 2-3 days before your procedure. These foods could cause your bowels to not completely clear out and could interfere with the visualization of your colon.

Stop oral iron, Metamucil, and any other fiber supplements for 3 days before the procedure.

If you are taking any type 2 diabetic medications for weight loss (i.e. Mounjaro, Ozempic, Wegovy or Trulicity) please hold for one week prior to procedure.

**\*\* Stop any Phentermine 4 full days prior to your appointment! \*\***

Do not use chewing tobacco or snuff for 6 hours prior to your arrival to reduce the risk of gastric secretions and aspiration during the procedure.

### The day before the procedure

As soon as you wake up, you will be on a clear liquid diet until after you have had your procedure. **NO SOLID FOOD, DAIRY PRODUCTS, OR RED DYE!!**

Clear liquids that are okay to have would be things like broth, strained soups, water (flavored is okay), Pedialyte, Gatorade, Powerade, Ginger Ale, Sprite, 7up, apple juice, orange juice (no pulp), coffee, tea, lemonade, jell-o, popsicles, icee, slushies, etc.

**At 6:00 pm**, you will begin the prep by mixing Dose 1 pouch with water and mix well. Drink the whole container within 30 minutes. Please refill container with water and drink that over the next 30 minutes.

### The day of the procedure

You will continue the clear liquid diet as the day before. You may have liquids up to **TWO** hours prior to your arrival time.

**At 4:30 am**, you will take the second dose of Plenvu. Mix Dose 2 (Pouch A & B) and then drink prep in 30 minutes. Refill container with water and drink within 30 minutes. **IF your procedure is scheduled after 12:00pm, please start this dose at 8:00am.**

Please take your heart, seizure, and/or blood pressure medication with a small sip of water.

The procedure will **NOT** be at the GI Alliance office in Springdale. Please go to North Hills Gastroenterology Endoscopy Center in Fayetteville. The address is 3344 N. Futrall Dr. Suite 3. **Please arrive 45 minutes prior to appointment time. If you have any questions, please feel free to call our scheduling dept. at (479)582-7280, Option 1.**