

Plenvu Prep Instructions

Nuvance Health Medical Practice Gastroenterology

Blood thinners: (If applicable) Please contact your prescribing physician two weeks before your procedure to ask how long you can be off your blood thinner medication(s) before your procedure.

Insulin dependent diabetics: (If applicable) Please contact your prescribing physician two weeks before your procedure for direction on insulin dosing for the procedure.

Please follow a low-residue diet for 3 days prior to your procedure. Please avoid raw fruits and vegetables, as well as whole grains, nuts, and seeds. **(See attached instructions for diet guidelines.)**

Day before the procedure:

- **Drink clear liquids ONLY.** (The more you drink, the better the prep will be)
NO FOOD
 - **Examples of clear liquids:** Powerade, Gatorade, bouillon, broth, consommé, black tea, black coffee, apple juice, white grape juice, white cranberry juice, Crystal Light, water, Italian ice, popsicles, sorbet, or jello. **Nothing red or purple. No milk or cream.**

Beginning at 6 pm the night before:

- STEP 1: Fill the dosing cup provided with cold water up to the lower (5 oz.) line on the cup.
- STEP 2: Pour in the contents of one (1) packet. Stir for 2-3 minutes until dissolved. Drink entire contents.
- STEP 3: Follow with five (5) 8 oz. drinks of clear liquid taken at your own pace within the next 5 hours before bed.

Day of procedure:

- **Beginning 5 hours before the procedure:**
 - Repeat Steps 1-3 above to take the second packet. Follow with a least three (3) 8 oz. drinks of clear liquid completed 2 hours before the colonoscopy.
 - **DO NOT** take diabetic pills or diuretics (water pills) the morning of the procedure.
 - Nothing by mouth 2 hours before arrival.

You will need a responsible driver (18 years of age or older) to drive you home. No UBER or LYFT. You will not be allowed to drive yourself home.

Expect to be here for 90 minutes to 2 hours.

Nuvance Health Medical Practice Gastroenterology Locations

Connecticut

- **Duracell Center for Ambulatory Surgery at Danbury Hospital**
24 Hospital Avenue, 4th Floor Strook, Danbury, CT (203) 739-7038
- **Frank J. Kelly Medical Arts Center**
111 Osborne Street, 2nd Floor, Danbury, CT (203) 739-7038
- **Danbury Surgical Center**
73 Sandpit Road, Danbury CT (203) 739-7038
- **New Milford Hospital**
21 Elm St. 2nd Floor, New Milford, CT (203) 739-7038
- **Norwalk Surgical Center**
40 Cross Street, Unit 120, Norwalk, CT (203) 852-2278
- **Norwalk Hospital GI Lab,**
34 Maple Street, 5th Floor, Norwalk, CT 06850 (203) 852-2278

New York

- **Putnam Hospital**
670 Stoneleigh Avenue, Carmel, NY (203) 739-7038
- **Putnam Barns - Putnam GI, LLC**
667 Stoneleigh Center, Barns Office Center, Building A, Suite 204, Carmel, NY (203) 739-7038
- **Fishkill Asc.**
200 Westage Business Center Drive, Bldg C, 3rd floor, Suite 330 Fishkill, NY 12524
(203) 739-7038
- **Vassar Brother's Medical Center**
45 Reade Place Poughkeepsie, NY 12601 (845) 876-3003
- **Northern Dutchess Hospital**
6511 Springbrook Avenue Rhinebeck, NY 12572 (845) 876-3003