

Babatunde Adeyefa M.D.

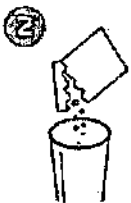
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# **Plenvu Instructions**

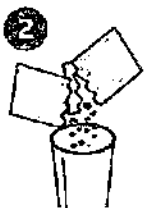
- To ensure a successful exam be sure to follow instructions Carefully.
- The entire day before your Colonoscopy be sure to follow a clear liquid diet.
- Do not drink any milk, anything colored red or purple, and no alcoholic beverages.
- You must have a ride for the day of your exam. If you fail to have acceptable transportation your procedure will be cancelled. Uber or Taxi are not acceptable modes of transportation, unless you have someone accompanying you.
- Let Dr. Adeyefa and his staff know if you are taking any blood thinners, such as Aspirin, Warfarin, Coumadin, Pradaxa, Effient, or Lovonox, as you may need to hold these medications before the procedure.
- If you are diabetic, take half your insulin dose the day of the procedure.
- If you take high blood pressure medication, take the medications the day of the procedure.
- If you take NSAID's such as Advil, Motrin, Celebrex, or ibuprofen you should discuss this with Dr. Adeyefa in advance.
- PLENVU can be refrigerated, just be sure to drink within 6 hours of mixing.

## **At 5:00 pm the evening before the procedure:**



Pour dose 1 into bottle provided (1 pouch labeled dose 1) and fill to line with water, mix or shake well. Drink entire bottle slowly over 30 minutes, once complete fill bottle once more with water and drink the entire bottle.

## **At 12:00 am (Midnight) the morning of the procedure:**



Pour dose 2 into bottle provided (2 pouches labeled dose 2) and fill to line with water, mix or shake well. Drink entire bottle slowly over 30 minutes, once complete fill bottle once more with water and drink the entire bottle.