

# 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.

**If you're on certain medications called GLP-1 agonists, you will follow the below instructions for your procedure. GLP-1 agonists include:**

- **Dulaglutide (Trulicity)**
- **Exenatide extended release (Bydureon bcise)**
- **Exenatide (Byetta)**
- **Semaglutide (Ozempic, Rybelsus, Wegovy)**
- **Liraglutide (Victoza, Saxenda)**
- **Tirzepatide (Mounjaro, Zepbound)**

**GLP-1 Agonists:** (If applicable) Patients taking GLP-1 agonists daily – Hold on the day of the procedure. Patients taking GLP-1 agonists weekly – Hold for 1 week prior to 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.**

## 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 16 oz. of water
- STEP 2: Pour in the contents of one (1) packet. Stir for 2-3 minutes until dissolved. Drink entire contents.
- STEP 3: refill the container with at least 16 oz. 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 dose 2 (pouch A and pouch B). 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, 4<sup>th</sup> Floor Strook, Danbury, CT (203) 739-7038
- **Frank J. Kelly Medical Arts Center**  
111 Osborne Street, 2<sup>nd</sup> Floor, Danbury, CT (203) 739-7038
- **Danbury Surgical Center**  
73 Sandpit Road, Danbury CT (203) 739-7038
- **New Milford Hospital**  
21 Elm St. 2<sup>nd</sup> 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, 5<sup>th</sup> Floor, Norwalk, CT 06850 (203) 852-2278

## New York

- **Putnam Hospital**  
670 Stoneleigh Avenue, Carmel, NY (845) 876-3003
- **Fishkill Asc.**  
200 Westage Business Center Drive, Bldg C, 3<sup>rd</sup> floor, Suite 330 Fishkill, NY 12524  
(845) 876-3003
- **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