

YOUR BOWEL PREP IS VERY IMPORTANT! PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY.

- ❑ Cascade Endoscopy Center: 1007 Harlow Rd, Ste 110 Springfield, OR 97477; 541-726-8882 cascadeendocenter.com
- ❑ Mckenzie Willamette Hospital: 1460 G St, Springfield, OR 97477

Prep: Plenvu

<p style="text-align: center;">7-10 Days Before Your Appt</p> <p style="text-align: center;">For an Rx coupon, go to: https://www.myplenvu.com/resources/</p> <p style="text-align: center;">↓</p>	<ul style="list-style-type: none"> ❑ Purchase the following: <ul style="list-style-type: none"> ❖ Plenvu bowel prep kit from pharmacy, Rx sent by clinic. Issues/Concerns? Call: 541-228-3330. *Prep cost should be less than \$70, do not pick up if over- CALL. ❖ Clear liquids—refer to clear liquid handout ❖ If your weight is 175 or greater, PURCHASE One-238g bottle of MiraLAX over the counter, take 1 capful, 1-2x per day for the 5 days <u>prior</u> to your bowel prep. ❑ Plan for a driver to take you home: You cannot drive after your procedure until the following day due to the sedation/anesthesia. No taxis/Ubers. ❑ STOP eating: visible seeds, nuts, or whole grains. Please avoid oil-based vitamins (A, D, E, K, or fish oil). These could impact the quality of your bowel prep. ❑ STOP NSAIDS 2 days prior to appt: Aspirin, Advil, Aleve, etc. Tylenol is ok. ❑ If you are diabetic or on a blood thinning medication, please refer to those handouts. Contact us if needed or for questions.
<p style="text-align: center;">1 Day Before Your Appt, Prep Day #1</p> <p style="text-align: center;">↓</p>	<p>FOLLOW THESE INSTRUCTIONS, NOT WHAT IS ON THE KIT</p> <ul style="list-style-type: none"> ❑ Clear liquid diet ONLY (starts as soon as you wake up today). ❑ At 2pm: <ul style="list-style-type: none"> ❖ Open and pour contents of DOSE 1 pkg into the mixing container. Add water to fill line. *Keeping prep chilled can help with taste. ❖ SLOWLY Drink all of the container contents over a minimum of 30min. ❖ Drink an additional 32oz of clear liquids over the next 1 hour, following prep step completion. ❖ If you experience nausea and/or vomiting, take a break for 15-30min, then continue drinking prep & liquids. If it continues call 541-228-3330. ❑ Continue drinking clear liquids to stay hydrated. ❑ At 8PM: If you are still having formed or liquid brown bowel movements, continue to drink your clear fluids. For urgent needs call 541-228-3330.
<p style="text-align: center;">Procedure Day Prep Day #2</p>	<ul style="list-style-type: none"> ❑ Continue ONLY clear liquid diet from the time you wake up. Please take your regular medications, especially those for BLOOD PRESSURE- take 2 hours before OR 2 hours after your morning prep dose. ❑ 5 HOURS PRIOR TO PROCEDURE TIME: <ul style="list-style-type: none"> ❖ Pour DOSE 2 A&B pouches into container, add water to fill line. ❖ SLOWLY drink all of the container contents over a minimum of 30min. ❖ Drink an additional 32oz of clear liquids over the next 1 hour, following prep step completion. ❖ Your bowel movements should be: liquid & clear/yellow, like urine- if not please call 541-228-3330 or 541-726-8882 ASAP for further instructions. ❑ 3 HOURS PRIOR TO PROCEDURE TIME: <ul style="list-style-type: none"> ❖ NO DRINKING/NOTHING by mouth- this includes water, gum, mints, cigarettes, marijuana, chewing tobacco. ❑ Bring insurance card & photo ID for check in. You MUST have a driver.

Clear Liquid Diet Information

What items are considered clear liquids? Clear liquids are those which you can see through- **NO SOLIDS, NO PULPS, and NO DAIRY.** These liquids are easily digested and leave no undigested residue in your bowels.

AVOID/NO: RED or PURPLE DYES/COLORING, BONE BROTH, ALCOHOL

You MUST STOP all fluids/anything by mouth for the 3 hours prior to your scheduled procedure time- this includes: gum, mints, cigarettes, chewing tobacco, etc). Not following this may result in procedure delay or cancellation.

Please remember to include liquids with calories, sugar, and electrolytes as you are not eating regular food, even if you are diabetic. Please do not only drink plain water, this can lead to dehydration and electrolyte imbalance. *Please utilize the diabetic management handout if this applies to you.

Clear High protein options are important as well, examples are: Broths and clear protein drinks

Although not “clear”- Black coffee, teas, and even drinks like Pepsi/Coke are considered clear liquids.

Examples of items you may have on a clear liquid diet:

- Vegetable, chicken, and or beef bouillon/broth, **NO bone broth**
- Jello-O/gelatin
- Gummy Bears
- Gatorade, Powerade, other sports drinks
- Clear juices, no pulp
- Coffee/Tea- no cream or milk
- Water- including sparkling/flavored
- Coconut Water- no pulp
- Clear protein drinks (Ensure, etc)
- Soft drinks
- Crystal light
- Popsicles, ice pops- no sherbert, no pureed fruit, no pulp
- Hard candies, lollipops

Please note, this is not an all-inclusive list- Please call us if you have specific questions/concerns.