

PLENVU Bowel Preparation Instructions for Dr. McCallum Patients

PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY

At anytime should you have any questions about the instructions, please contact our office at (520) 327-3454 (**during normal business hours**) so a staff member can go over them with you.

PLEASE PICK UP BOWEL PREP KIT FROM YOUR PHARMACY **WITHIN 3 DAYS** OF RECEIVING THESE INSTRUCTIONS

- **STOP** taking _____, _____ days before your procedure if okay with your Primary Care physician or Cardiologist). If you must continue it, please let us know.

5 DAYS BEFORE YOUR EXAM

- **STOP** any bulking agents; Metamucil, Citrucel, Gemfibrozil, Ginseng, Ginkgo, Garlic tablets, Vitamin E, Multi Vitamins, & Iron supplements.

3 DAYS BEFORE YOUR EXAM

- **STOP EATING ALL** Nuts, Seeds, Red Meat, Leafy Vegetables, Fruit Skins, Salads, Popcorn, Beans (all kinds), Corn, Tomatoes, Salsa, Corn Chips.
- **YOU MAY HAVE:** Pasta, Eggs, White Rice, Mashed and Sweet Potatoes, Chicken, Fish, White Bread, Cheerios, Pudding, Yogurt, Milk Shakes, Cheese, Creamy Soups, Oatmeal, Bananas, Peeled Apples and Applesauce.

DAY BEFORE YOUR EXAM – Clear liquid diet only after light breakfast.

- **Do not** take any oral diabetic medications the day before or the morning of your exam.
- **Insulin dependent diabetics** should take ½ the usual dose of Insulin the day before your exam and ½ the usual dose on the day of your exam. Continue to monitor blood sugar as usual.
- Take any heart and/or blood pressure medications as usual.
- You may have a **light breakfast prior to 9:00 AM** the day before your exam which may include any of the following items:
 - Any items from the “Clear Liquids Diet List”
 - One boiled or poached egg or a small portion (4 ounces) of skinless chicken, turkey or fish.
 - 1 piece of white toast – NO butter
 - One 8 oz. can of Ensure (**do not take Ensure Plus**)
- Drink as much of the **clear liquid diet** as you can throughout the day which includes; **Beverages-** Soft drinks (orange, ginger ale, cola, Sprite, 7-Up, etc.), Gatorade, Kool-Aide, strained fruit juices w/o pulp (apple, white grape, lemonade, etc.), water, tea, or coffee. **No milk or non-dairy creamer. No beverages that are red or purple in color. Soups-** Low sodium chicken or beef bouillon/broth. **Desserts-** Hard candies, Jell-O (lemon, lime, or orange; no fruit or toppings), or popsicles (no sherbets or fruit bars).
- **Lunch and Dinner ~ LIQUID DIET ONLY** Drink all the clear liquids you like. **NO SOLID FOOD.**
- **5PM-** Use the mixing container to mix the contents of the dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it’s completely dissolved. This may take up to 2-3 minutes. Individual responses to laxatives vary. Remain close to a toilet, as multiple bowel movements will occur.

DAY OF YOUR EXAM – Clear liquids only as directed. **NO solid food until exam has been completed.**

- Starting at _____ Use the mixing container to mix the contents of the dose 2 (pouch A and B) with at least 16 ounces of water by shaking or using a spoon until it’s completely dissolved. This may take up to 2-3 minutes.
- Take any heart and/or blood pressure medications as usual.
- **STOP DRINKING CLEAR LIQUIDS 2 HOURS PRIOR TO YOUR EXAM. Nothing after _____.**
- Please wear sensible shoes (NO heels) and comfortable clothing.
- **Please bring a list of your medications with you.**

*****YOU MUST HAVE SOMEONE DRIVE YOU HOME AFTER YOUR EXAM*****

**** Our facility doors open at 6:30am. Should you be scheduled for an early morning appointment, please plan your arrival accordingly.****

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