



# Plenvu

## Bowel Preparation

### General Instructions

#### 2 Weeks Before the Procedure

<b>Foods</b>	No change
<b>Liquids</b>	Drink plenty of water
<b>Medications</b>	<p>Hold - GLP1 Agonist Medication:</p> <ul style="list-style-type: none"><li>• Dulaglutide (Trulicity)</li><li>• Exenatide (Byetta)</li><li>• Exenatide Extended Release (Bydureon BCise)</li><li>• Liraglutide (Victoza)</li><li>• Lixisenatide (Adlyxin)</li><li>• Semaglutide (Ozempic, Wegovy, Rybelsus)</li><li>• Tirzepatide (Mounjaro)</li></ul>



## 1 Week Before the Procedure

### Foods

No Nuts or Seeds - berries, cashews, corn nuts, peanuts, pecans, popcorn, walnuts

Low Fiber Diet

- Foods - white bread, cheese, eggs, yogurt
- Soups - clear vegetable, chicken or beef broth
- Vegetables - cooked without skin like mashed potato
- Fruits - pureed fruits without skin like applesauce

### Liquids

Drink plenty of water

### Medications

- Take as usual unless otherwise instructed
- Hold - Anti-Diarrheal Medication - Imodium, Kaopectate, Pepto-Bismol
- Hold - Iron Tablets
- Hold - Multivitamins
- Pharmacy
  - Fill or buy preparation medication
  - Pick up 3 days before your procedure



## 1 Day Before the Procedure

### Foods

- Clear Liquid Diet
- Soups - clear vegetable, chicken or beef broth
- Juices - clear only without pulp

### Liquids

- Drink plenty of water
- No alcohol
- No red or purple colored drinks

### Medications

- Hold - Oral Diabetes Medication
- Insulin - Take ½ the dose the entire day
- Blood Pressure Medication - The pre-anesthesia team (PAT) will instruct you on how to take your blood pressure medications.
- All other medications - continue as normal

## Procedure Day

### Foods

No food or liquids the day of the procedure



# Medication Instruction

## Attention

Expected  
Symptoms  
Do not stop the  
bowel  
preparation

- Abdominal Pain
- Bloating
- Cramps
- Diarrhea
- Gas
- Nausea

## First Dosage [Mango] → 4pm – 5pm

Step 1  
4pm – 4:30pm

- Mix Dose 1 pouch & 16 ounces of water
- Drink the mixture

Step 2  
4:30pm – 5pm

Drink 16 ounces of water

## Second Dosage [Fruit Punch] → 10pm – 11pm

Step 1  
10pm – 10:30pm

- Mix Dose 2 Pouch A & Dose 2 Pouch B & 16 ounces of water
- Drink the mixture



**GastroDoxs**  
— defenders of the digestive system —

<p>Step 2 10:30pm – 11pm</p>	<p>Drink 16 ounces of water</p>
<p>12am</p>	
<p>Foods</p>	<p>No food or liquids after midnight</p>

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