



ELITE GASTRO PLENVU® Bowel Preparation

Follow every step so your colon is clean and your procedure can be completed safely.

PROCEDURE DATE	ARRIVAL TIME	PROCEDURE TIME
	Will be provided by procedure location staff	

1. CHOOSE YOUR PROCEDURE LOCATION

☐ HCA South Tampa Hospital 2901 W Swann Ave, Tampa, FL 33609 (813) 873-6400	☐ Tampa Bay Endoscopy Center 4809 N Armenia Ave, Suite 100, Tampa, FL 33603 (813) 658-5037
☐ St. Joseph's Hospital - Main 3001 W Dr Martin Luther King Jr Blvd, Tampa, FL 33614 (813) 870-4000	☐ AdventHealth Carrollwood 7171 N Dale Mabry Hwy, Tampa, FL 33614 (813) 932-2222
☐ New Port Richey Surgery Center 9332 SR 54, Suite 100, Trinity, FL 34655 (727) 848-0446	☐ Trinity Hospital 9330 SR-54 E, Trinity, FL 34655
☐ BayCare Surgery Center - Trinity 2020 Trinity Oaks Blvd, Trinity, FL 34655 (727) 372-4055	

2. FOLLOW THIS PREPARATION TIMELINE

1	2-3 DAYS PRIOR - Stop raw vegetables, corn, popcorn, nuts, and seeds. - Continue a low-fiber diet. Avoid foods with nuts and seeds.
2	2 DAYS PRIOR - ONLY IF YOU HAVE CONSTIPATION - Begin a clear liquid diet in the morning. 6:00 PM: Drink 10 oz magnesium citrate. Do NOT take magnesium citrate if you have congestive heart failure (CHF) or are on dialysis.
3	1 DAY PRIOR — CLEAR LIQUIDS AND PREP Clear liquid diet only, all day. No solid food. IF YOUR PROCEDURE IS IN THE MORNING: 6:00 PM: Mix and drink PLENVU Dose 1 over 30 minutes, then drink 16 oz of clear liquids over the next 30 minutes. 11:00 PM: Mix and drink PLENVU Dose 2 (Packets A and B) the same way, followed by 16 oz of clear liquids. IF YOUR PROCEDURE IS IN THE AFTERNOON: About 10:00 PM: Mix and drink PLENVU Dose 1 over 30 minutes, then drink 16 oz of clear liquids over the next 30 minutes.
4	DAY OF PROCEDURE MORNING procedures: you may finish the second dose early this morning instead of 11:00 PM, as long as you are done by 6:00 AM. Nothing by mouth once the prep is finished. AFTERNOON procedures: Mix and drink PLENVU Dose 2 (Packets A and B) the same way, followed by 16 oz of clear liquids. Clear liquids are allowed until 9:00 AM. Nothing by mouth after that. Diabetic patients: nothing by mouth 2 HOURS BEFORE your procedure. See the medication instructions on page 2.



ELITE GASTRO

PLENVU® Medication & Safety Guide

3. MEDICATION ADJUSTMENTS

WHEN TO STOP	MEDICATION TYPE	COMMON EXAMPLES
STOP 7 DAYS PRIOR	GLP-1 medications	Ozempic®, Wegovy®, Rybelsus® (semaglutide); Mounjaro® or Zepbound® (tirzepatide); Trulicity® (dulaglutide); Victoza® or Saxenda® (liraglutide)
STOP 7 DAYS PRIOR	Phentermine / weight-loss medicines	Adipex-P® (phentermine) and combination weight-loss medicines containing phentermine
STOP 5 DAYS PRIOR	Iron, multivitamins, fish oil, and fiber	Ferrous sulfate; prenatal vitamins or multivitamins; omega-3/fish-oil supplements; Metamucil®, Citrucel®, Benefiber®, psyllium, methylcellulose, wheat dextrin
STOP 3 DAYS PRIOR	SGLT-2 inhibitors	Jardiance® (empagliflozin), Farxiga® (dapagliflozin), Invokana® (canagliflozin), Steglatro® (ertugliflozin)
STOP 7 DAYS PRIOR	Aspirin	Full-dose aspirin and aspirin-containing products. Baby aspirin (81 mg) is NOT stopped — keep taking it as usual.
STOP 7 DAYS PRIOR	NSAIDs	Advil®, Motrin® (ibuprofen), Aleve® (naproxen), and similar anti-inflammatory pain relievers. Tylenol® (acetaminophen) is okay.

IMPORTANT: Do not stop prescription blood thinners or diabetes medicines unless your prescribing clinician or the procedure team gives you specific instructions.

4. MEDICATION INSTRUCTIONS FOR THE DAY OF PROCEDURE

DIABETIC PATIENTS - Follow these medication instructions.

- Insulin-dependent patients may take insulin if necessary, but at half the usual dose with close monitoring of glucose. Keep a sugary clear liquid available if necessary to regulate your blood sugar. Nothing by mouth 2 hours prior to your procedure.
- Non-insulin-dependent diabetic patients: hold your oral diabetic medication until after your procedure.

OTHER MEDICATION & CONDITION INSTRUCTIONS

- Unless your doctor gave you other instructions, prescribed medication(s) may be taken as scheduled with a small sip of water at least 3 hours before your procedure. Do not take anything else by mouth until your procedure is completed.
- Asthma patients: bring your inhaler to your appointment.
- **It is imperative that you take all seizure and blood pressure medication on the morning of the procedure unless otherwise specified.**

5. CLEAR LIQUID EXAMPLES

ALLOWED	NOT ALLOWED
• Water • Clear broth or bouillon • Apple juice or white grape juice • Lemonade without pulp • Sports drinks • Clear soda or ginger ale • Tea or coffee without milk or creamer • Gelatin and ice pops without fruit pieces	• Any solid food • Milk, cream, or non-dairy creamer • Orange juice or any juice with pulp • Smoothies • Alcohol • Red or purple liquids

6. IMPORTANT SAFETY & TRANSPORTATION

- **No tobacco, vaping, or marijuana on the day of your procedure.**
- Driver must be age 18 or older and remain onsite.
- **No Uber, Lyft, taxi, or public transportation.**
- No driving, work, or legal decisions for 24 hours.
- Tell your doctor if you have a heart valve replacement, take blood thinners, or use insulin.
- **You MUST have someone drive you home after the procedure.**

\$150.00 NO-SHOW FEE
Procedures not cancelled within 3 business days will incur a \$150.00 fee.