

2 Day Prep MiraLAX/Gatorade & PLENVU COLONOSCOPY PREP

DATE:

ARRIVAL TIME:

You will report for your procedure in the Central Massachusetts Ambulatory Endoscopy Center
(located in the middle office of the Center for Digestive Wellness building)

- Starting 3 Days Prior to Procedure: *Avoid eating nuts, popcorn, seeds, fruits, veggies, and leafy greens.* You may otherwise continue your normal diet up until 1 day prior to procedure.
- Starting 2 Days Prior to Procedure:
 - 5:00PM – Mix MiraLAX (238 g/8.3 oz) with 64 oz Gatorade/Powerade. Drink mixture.
- 1 Day Prior to Procedure (before 11AM):
 - You may have only 2 cups (total) of the following: Mashed potatoes, scrambled eggs, buttered pasta, crackers.

You will then need to begin a clear liquid diet for the remainder of the day prior to the procedure (preparation day)

Examples: Any kind of strained broth, water, flavored water, any kind of soda, Gatorade/sports drinks, fruit juices (without pulp), black coffee and tea, jello, popsicles.
If you can see through it, it is a clear liquid.

You will need:

- Miralax (238g/8.3oz)
- 64oz Gatorade/Powerade
- PLENVU prep (*pick up prescription at pharmacy*)

The day before your procedure:

- **At 6PM** - Mix the contents of Dose 1 pouch with *at least* 16 oz water in the mixing container, and drink slowly once the solution is dissolved.
 - Refill the mixing container with *at least* another 16 oz of clear liquid and drink slowly.

The day of your procedure: (DO NOT chew gum or hard candy. DO NOT smoke or vape.)

- **8 HOURS PRIOR TO YOUR ARRIVAL TIME** – Use the mixing container to mix contents of Dose 2 (Pouch A and Pouch B) with *at least* 16 oz of water and drink slowly once the solution is dissolved.
 - Refill the container with *at least* another 16 oz of clear liquid and drink slowly

*NOTE: Remain on clear fluids all the way up until 4 hours prior to your procedure.

You may have nothing by mouth within these 4 hours, including water.*

- You may take your medications (or bring them with you) **EXCEPT** oral diabetic medications - and take only half (1/2) of your scheduled insulin dosage.
- **Oral medications may be taken with a sip of water, unless otherwise specified by the doctor.**
- If taking Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyxin, Ozempic, Rybelsus, Mounjaro, or Wegovy, **stop 1 day before the surgery if taking daily** or, **if taking weekly, hold the week prior to surgery.**

PLENVU Copay Savings Program

Texting Program: Text the word SAVE to the number 84883 to get a PLENVU savings card.

Commercial Insurance Plans: Go to <https://plenvu.copaysavingsprogram.com> or call 1-855-202-3208. Press 2 to speak with a representative.

Medicare or Medicare Advantage Insurance Plans: Go to <https://plenvu.copaysavingsprogram.com> or call 1-866-686-0138. Press 2 to speak with a representative.

You will pay \$50-\$60 out-of-pocket, depending on your insurance. If the pharmacy calls you, let them know you will have the coupon information when you pick up the medication; no prior-authorization request will need to be done with your insurance. If you have any questions regarding the coupon, call the # above.

Arrival Instructions

Report to: Central Mass. Ambulatory Endoscopy Center in the middle of the Center for Digestive Center building (middle door with a black floormat and a sign stating "PROCEDURES ONLY").
Phone #: 978-840-6767

THINGS TO BRING WITH YOU ON THE DAY OF YOUR PROCEDURE

PHOTO ID (EXAMPLE: DRIVER'S LICENSE, PASSPORT)

INSURANCE CARD(S)

MEDICATION LIST

NAME & PHONE NUMBER OF YOUR DRIVER

EMERGENCY CONTACT NAME & PHONE NUMBER

ANY INHALERS YOU USE (IF APPLICABLE)

MASKS ARE OPTIONAL. VACCINATION CARDS ARE NOT REQUIRED.

Driver Instructions

⇒ Drivers cannot wait inside the building.

- You will be contacted at the phone # provided by the patient approximately 2-3 hours after the patient's arrival.
- A recovery nurse will call you about 20 minutes before the patient is ready to be discharged.
- Drive your vehicle up to the overhang on the left side of the building (the BJ's side).
- **Call 978-840-6363 to let the nurse know you arrived.** Remain in your vehicle. The patient will be walked out to the car.

⇒ **You will not be permitted to drive yourself home.** You may use these transport companies if traveling alone: The Butler Did It/Destination Express (978-407-5913) or Flow Transportation Services (978-602-5606). You can only take a cab/Uber/Lyft, MART, or medical transport (paid for by your insurance) if you are accompanied by a family member.

CENTER FOR DIGESTIVE WELLNESS

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