

Appointment Date and Time:  
The facility will call you prior to your procedure.  
**Pharmacy: Pick up your prep (a few days prior to procedure):**

\*\*\*\* Please call and verify coverage with your insurance carrier prior to your procedure. Below is the diagnosis and procedure with codes for your reference. Member benefits are not verified with our office.

**DIAGNOSIS:**

**PROCEDURE: COLONOSCOPY 45378**

**Location:**

\_\_\_\_\_ Dunes Surgical Hospital (605) 232-3332  
101 Tower Road  
Check in at the Medical Tower Entrance  
Dakota Dunes, SD 57049

\_\_\_\_\_ Mercy One (712) 279-2552  
801 5th Street  
Sioux City, IA 51101

\_\_\_\_\_ Pierce Street Same Day Surgery (712) 294-7777  
2730 Pierce Street (across the street from hospital)  
Sioux City, IA 51104

**PLENVU**

Please follow the prep described below.

**Approved Clear Liquids:**

**Consume only clear liquids the entire day before your procedure.**

--Example of clear liquids include coffee (**no creamer**), tea, carbonated beverages, apple juice, broth, jello (**no red or purple**).

No seeds, corn, popcorn or nuts 2(two) days prior to procedure.

Take Plenvu as instructed below: **DO NOT use box directions.**

**5 pm - Dose 1 (the day before procedure)**

Step 1: Empty dose 1 into mixing container, fill to line with water ( at least 16 oz). Mix with a spoon.

Step 2: Drink entire contents over 30 minutes.

Step 3: Drink any clear liquid (16 oz) immediately following dose 1.  
Drink over 30 minutes.

**9 pm - Dose 2 (the day before procedure)**

Step 1: Repeat steps 1,2 and 3 for dose 2 but this time empty both Dose 2 pouches A and B into clean mixing container

Step 2: Immediately following dose 2 drink 16 oz of clear liquid over 30 minutes.

Step 3: Do not eat or drink anything after midnight prior to your procedure, you may take heart, blood pressure, seizure or thyroid medications the day of your procedure with a sip of water. No diabetic meds

Sedation will be administered intravenously for the procedure, therefore you **MUST** have someone drive you home. You may **NOT** go by bus or taxi.

If you have questions please call **605-217-5517**.

**POST PROCEDURE INSTRUCTIONS**

1. If the physician obtained biopsies please allow 7-10 days to be contacted with the results.
2. If the physician prescribed a new medication for you please contact the pharmacy to review the status of this as some medications may need a prior authorization from your insurance company and this process may take up to two weeks.
3. If the physician has recommended an office follow up or repeat endoscopy and you have not heard from Midlands Clinic GI department in 7-10 days please call the office at 605-217-5517.

If you have questions on the above prep, need to reschedule or have any concerns; please do not hesitate to call the office at 605-217-5517.