



Kumar Desai, MD

Gastroenterology & Hepatology
& Advanced Therapeutic Endoscopy

Please arrive at the following location at _____ on _____

COVID-19 Testing Date _____ in our office between 9:00am -11:00am

Los Robles Regional Medical Center

215 W. Janss Rd.
Thousand Oaks, CA 91360
Phone: (844) 761-2744

<http://www.losrobleshospital.com>

****Please preregister at least 3 days prior on the website or by calling the number provided**

Los Robles Surgi Center

2190 Lynn Road Suite 100
Thousand Oaks, CA 91360
Phone: (805) 497-3737

<http://www.losroblessurgicenter.com>

****Please preregister at least 3 days prior on the website or by calling the number provided**

PLENVU PREPARATION:

1. Stop Ibuprofen, Aspirin, Fish Oil, Coumadin (ALL prescription blood thinners), Iron supplements and Plavix for **5 days** before your procedure
2. Dinner before day of clear liquids: **Avoid nuts, hi fiber foods two days before procedure**
3. **Clear liquid diet for the day prior to your procedure.** See attached liquid diet instructions.
4. PLENVU Prep Instructions:
Step 1: On evening before procedure at 5:00pm, use the mixing container to mix the contents of Dose 1 with 16 ounces of water. Finish the dose within 30 minutes.
Step 2: Refill the container with at least 16 ounces of clear liquid. Take your time and slowly finish all within 30 minutes.
Step 3: 4 hours prior to your procedure time, mix the contents of Dose 2 (Pouch A and Pouch B) with 16 ounces of water. Repeat Step 2.

*****Please take any ONLY hypertension medications the morning of, 2 hours before your procedure, with a SMALL sip of water. If taking insulin, please follow instructions as per your in office appointment.**

***Clear liquids** – Anything that is clear in consistency. Juices such as apple, white grape, white cranberry or Gatorade will suffice. Avoid thick and pulpy juices. Bouillon or clear broth is okay. Gelatin without fruit is okay. Avoid red or purple coloring. One soda, coffee or tea is okay. No dairy products. Avoid alcoholic beverages.

*The day before clear liquids, your dinner should avoid nuts and high fiber foods, for these are hard to clean out the next day.

* If you feel nauseated while drinking the prep please wait 10 minutes and resume drinking.

* Please bring your **driver's license, insurance cards and medication list** to the Surgery center.

*Please bring someone to drive you home.

*Should you drink more than a sip of water with your medications there is a possibility your procedure may be canceled. **NO LIQUIDS 3 HOURS PRIOR TO YOUR PROCEDURE.**

*We would like to provide you with the most complete exam possible. Unfortunately, not all preps have the same effect on everyone. Therefore, the above instruction is not a guarantee that you will be properly prepared for your colonoscopy. There is a small possibility that you will need to be rescheduled at a later date with additional instructions if your prep is inadequate.

*If you have any questions please call our offices at (805) 449-4278.

227 W. Janss Road, Suite 315 | Thousand Oaks, CA 91360

Phone: 805-449-4278 | Fax: 805-449-4277 | www.drdesaigi.com