



**YOUR GI CENTER**  
PEOPLE COME FIRST

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Email: hello@yourgicenter.com  
Toll free: 888-292-0010  
Fax: 979-292-0488

- **Three days before Colonoscopy:**
  - Take 2 Dulcolax tabs by mouth by 5 PM
  - Regular Diet this day.
  
- **Two days before your Colonoscopy:**
  - Take 2 Dulcolax tabs by mouth by 5 PM
  - Start Clear Liquid Diet this day. (no solid foods or milk products)
  
- **The Day before your Colonoscopy:**
  - Continue with a clear liquid diet for all day.
  - **1<sup>st</sup> dose** - 7 PM drink one dose of Plenvu followed by 16 ounces of water. **Make sure to mix Plenvu for 4 minutes continuously.**
  
- **The day of your Colonoscopy:**
  - Take the **2<sup>nd</sup> dose** of Plenvu followed by 16 ounce glasses of water. **Complete this AT LEAST 4 hours before your check in time**, with nothing further by mouth (no liquids, mints, gum, chewing tobacco, etc.). **Again mix Plenvu for 4 minutes continuously.**

\*Clear liquids include all of the following that are not colored red or purple. Strained fruit juices **without** pulp only (apple, white grape, lemonade), water, clear broth or bouillon, coffee (without milk or nondairy creamer), Gatorade, carbonated and noncarbonated soft drinks. Kool-Aid, (or other fruit flavored drinks), plain jello (without added fruit or topping) and ice popsicles. Look under tab for DIETS in our website at [www.yourgicenter.com](http://www.yourgicenter.com) and get detail list of foods for Clear Liquid Diets

\*\*Bowel movements should be liquid and without particles/pieces of solid stool.

- **See attached information for CLEAR LIQUID DIET.**
  
- **If you are experiencing low sugar symptoms, IMMEDIATELY take some sugar solution or clear juice such as Apple Juice.**
  
- **No smoking after midnight.**
  
- **Do not take fish oil, vitamin A, or any other oil based medication or vitamins for 3 days prior to your procedure..**
  
- **If you are taking PHENTERMINE or any other WEIGHT LOSS MEDICATION, you must be off of it for TWO WEEKS prior to your procedure. There are side effect with Propofol.**

www.yourgicenter.com

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