

Colonoscopy with PLENVU (Appointment BEFORE 10 AM)

Procedure Date: _____ Arrival Time: _____

Preparation: You will need to obtain the PLENVU Kit from your pharmacy.

We understand that preparing for the colonoscopy is not fun and may cause discomfort. These instructions will help make this process as simple and successful as possible. Your efforts at cleansing your colon are essential for an accurate colonoscopy exam.

Medication and Diet Instructions:

SEVEN DAYS BEFORE THE PROCEDURE:

Stop taking aspirin (and aspirin-containing products), anti-inflammatory medications (Motrin, Advil, Naprosyn, Indocin), fish oil, vitamin E or ginko biloba. Acetaminophen (Tylenol) can be continued or substituted as a pain-reliever for aspirin.

Please do NOT eat nuts, seeds, popcorn, quinoa, tomatoes, celery. These items may clog the endoscope preventing us from doing a thorough exam.

PLEASE NOTE If you have had a history of STROKE, HEART ATTACK, ANY STENTS PLACED IN YOUR VESSELS, please let us know. We may request that you continue your Aspirin. **Notify us if you take any blood thinners. DO NOT stop the blood thinners unless cleared by your cardiologist or primary care doctor**

FIVE DAYS BEFORE THE PROCEDURE Stop taking **Plavix** (Clopidogrel)

THREE DAYS BEFORE THE PROCEDURE Stop taking **Coumadin** (Warfarin)

PLEASE let us know before stopping these medications so that we can coordinate with your cardiologist or primary care doctor, if additional “bridging” medications will be needed.

TWO DAYS BEFORE THE PROCEDURE Stop taking **Eliquis** (apixaban), **Pradaxa** (dabigatran etexilate), **Xarelto** (rivaroxaban)

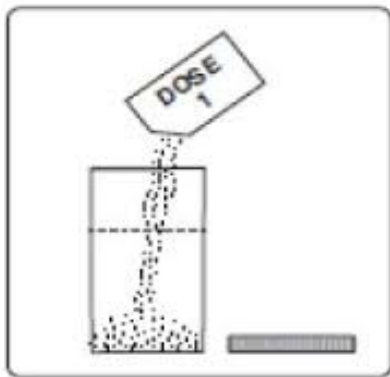
ONE DAY BEFORE THE PROCEDURE **It is very important that you hydrate yourself well before the exam.**

1. You may have a light breakfast such as toast/egg/yogurt.
2. After breakfast, you start a clear liquid diet. A clear liquid diet includes water, clear broth, coffee, tea, strained fruit or vegetable juices, ginger ale, Gatorade, Kool-Aid, popsicles. NO RED OR PURPLE colored liquids. Coffee and Tea are OK. No dairy (milk, cream), soy, creamer.
3. If you have sensitive skin, it is helpful to apply Vaseline or Desitin Ointment to your bottom prior starting the preparation.

The **PLENVU Bowel Prep Kit** contains an empty 500ML ounce mixing container and contains two packets of powder medication. You must complete the entire prep as instructed.

DAY BEFORE PROCEDURE BETWEEN 12 AND 3PM Complete steps 1 through 4 using one (1) packet of medication

STEP 1: POUR 1 PACKET INTO THE 500ML CONTAINER



STEP 2: ADD WATER TO MAKE UP 500ML AND STIR UNTIL ALL POWDER HAS DISSOLVED(MAY TAKE UP TO 8 MINUTES)



STEP 3: DRINK THE MIXED SOLUTION OVER THE NEXT 30 MINUTES



STEP 4: FILL CONTAINER TO THE 500ML MARK WITH CLEAR LIQUID AND DRINK WITHIN THE NEXT 30 MIN

REPEAT THE PROCESS ABOVE DAY BEFORE BETWEEN 7PM-9P

DAY OF YOUR COLONOSCOPY:

1. If you take insulin, please skip your morning dose
2. If you take Thyroid medication, please take at least 1 hour before you begin the preparation OR wait until after you have completed the preparation
3. You may take inhalers, eye drops

You may have clear liquids up until 3 hours before your exam time.

Report to the Endo Center at _____ for your colonoscopy so that the necessary paperwork can be completed and an IV started.

Your exam will begin approximately at _____ and you should be ready for pick up around _____.

Common Asked Questions:

What should I wear?

Please wear comfortable loose fitting clothing

How do I know if my preparation is good?

The stool should be watery in consistency. It does not have to be clear. A yellowish tint liquid and small flecks of debris are not a problem as long as the stool is NOT thick. If there is any question, you can check with the nurse on arrival for the procedure.

What side effects may I expect while preparing for the colonoscopy?

The medication is expected to cause diarrhea. Some mild abdominal cramping and/or bloating may occur, as well as some nausea and vomiting. This is **temporary** and symptoms will gradually improve after evacuation of bowels. Weakness or headache can also occur, if you are not well hydrated or have not taken enough fluid with the preparation. Increase your fluid intake (especially with Gatorade, Chicken broth).

Any Additional Questions? Please call our office. We will be happy to assist you.