

Colonoscopy Instructions

- Please read all instructions at least 7 days before your procedure. A safe and complete exam depends on following these instructions carefully.

- You must arrange for someone to drive you home after your procedure. Due to the sedation, taking a taxi, bus, or Uber is not allowed, unless accompanied by a responsible adult.
- Please bring a photo ID and your insurance card to the facility. Do not wear perfume or bring jewelry.

WHEN

Date _____

Arrival time _____ Start time _____ Pick-up time (approx.) _____

- Note: the person who drives you does not need to stay at the facility but must be available to pick you up within 30 minutes of being called.

MEDICATIONS

1. If you take blood thinners (e.g. Coumadin, aggrenox, plavix, taclid), please notify your physician at the time of scheduling, so they can give you specific instructions about how and when to stop taking these medications.
2. Stop taking aspirin 7 days before the procedure (even if you take just an 81-mg "baby" aspirin), unless otherwise advised by your doctor. NSAIDs (anti-inflammatory medication such as Advil, Aleve, Motrin and others) should be stopped 3 days before the procedure. Tylenol (acetaminophen) can be continued.
3. If you take MAO-inhibitors (e.g. nardil or pamate) or the diet pill phentermine, please consult your doctor for instructions. You may need to be off these medications for at least 2 weeks before your procedure.
4. Iron supplements and narcotics should be stopped 2 days before the exam.
5. Vitamin E, ginkgo, and fish oil should be stopped 7 days before the exam.
6. Diabetes medication (both insulin and oral) please ask your doctor for instructions about how to take these medications both on the day of the procedure and the day before the procedure (the "prep" day).

CONTINUE All other routine medications, including heart and blood pressure medications, should be continued.

DIET Avoid eating anything with seeds (sesame, poppy, etc.) for 2 days before the test.

REMEMBER For your own safety, please make sure we know every medication that you currently take-or have taken recently-both prescription and non-Rx drugs and supplements.

FINALLY YOU WILL BE SEDATED FOR THE PROCEDURE AND WILL NOT BE ABLE TO DRIVE UNTIL THE NEXT MORNING, IF ANYTHING IS UNCLEAR, PLEASE ASK!

Colonoscopy Instructions (2): PLENVU

- Please fill your prescription for PLENVU by the week before the procedure
- AND FOLLOW OUR INSTRUCTIONS NOT THE ONES IN OR ON THE BOX

DAY BEFORE COLONOSCOPY

- For a safe and complete exam, please follow these instructions carefully
- Important: you can't have anything by mouth 6 hours before your colonoscopy

STEP 1: Clear liquid Diet: On the day before your procedure, you may drink only "clear liquids". Milk products and all soft or solid food are not allowed. Please avoid anything colored red or purple.

Clear liquids include:

- Water or Smart Water
- Clear broth and bouillon
- Coffee and tea (without milk or non-dairy creamer)
- Fruit juice, Strained, without pulp (apple, white grape)
- Gatorade or Kool-Aid (not red or purple)
- Soft drinks/sodas
- Jell-O, plain (not red or purple)
- Ice popsicles (again, not red or purple)
- Pedialyte

On the day of the bowel prep, it is very important to stay well hydrated. Please drink a total of at least 64-oz throughout the day and evening. Liquids containing caffeine can be dehydrating, so limit their intake.

STEP 2: PLENVU Dose#1: FOLLOW INSTRUCTIONS BELOW NOT THE ONES ON OR IN BOX

- **6:00 p.m.:** 1) Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time— Slowly finish the dose within 30 minutes. Drink all the liquid.
2) Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

The prep may make you queasy, or even nauseated. This is a common reaction and should not cause concern.

The prep often starts working within 30 minutes but may take 8 hours or more. Please remain within easy reach of a toilet. Hint: PLENVU can be refrigerated. Use within 6 hours after it's mixed with water

- **Evening:** Continue to drink clear liquids until second dose of prep. To stay hydrated, it's important that you drink a lot of clear liquids before, during and after your prep.

STEP 3: PLENVU Dose #2: FOLLOW THESE INSTRUCTIONS NOT THE ONES ON OR IN THE BOX

- At _____ AM (6 hours before procedure): Use the mixing container to mix the content of Dose 2 (Pouch A and Pouch B) with 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2-3 minutes. Take your time— slowly finish the dose within 30 minutes. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes. To stay hydrated, drink more clear liquids. You may take your morning meds up to 6 hrs before your procedure, then nothing by mouth, **not even water. You may brush your teeth!**

24 Hours before procedure

CLEAR LIQUID DIET

Breakfast

Apple juice
Clear broth (bullion)
Non-red jello (ex: Yellow)
Gingerale, 7-up
Coffee, sugar

LUNCH

Clear broth (bullion)
Fruit ice (popsicles) (no red)
Tea, sugar
Coffee, sugar

DINNER

Apple juice
Clear broth
Non-red jello
Tea, sugar
Coffee, sugar

SNACKS

7-UP, Gingerale, Pop
White grape juice
Non-red jello
Hard candies (no red)
Non-red popsicles

NOT ALLOWED

Coffeemate
Cremora
Mocha mix

**NO MILK OR MILK RELATED PRODUCTS.
NO RED DYE (NON - RED JELLO OR
POPSICLES OR JUICES)**