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**INSTRUCTIONS FOR COLONOSCOPY PREPARATION – PLENVU(SPLIT DOSE)**

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PATIENT NAME: \_\_\_\_\_ MD: \_\_\_\_\_

PLACE OF PROCEDURE: \_\_\_\_\_ DATE/TIME OF PROCEDURE: \_\_\_\_\_

REGISTER AT OUT PATIENT REGISTRATION \_\_\_\_\_ TIME OF REGISTRATION \_\_\_\_\_

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In preparation for your colon examination, you will be following a two-day colon preparation which will cleanse your colon thoroughly. This will consist of maintaining a clear liquid diet for one day prior to your examination and drinking an oral laxative. You will be given a prescription for a Plenvu Kit which you can fill at any pharmacy.

**ONE DAY PRIOR TO YOUR COLON EXAMINATION: Date: \_\_\_\_\_**

1. Maintain a clear liquid diet for this entire day, starting in the morning upon awakening and continuing through until the evening.

The following is a list of clear liquid items from which you may choose:

- . clear juices with **no** pulp (such as apple, grape, orange, Gatorade, etc)
- . pop/soda (such as cola, 7-Up, ginger ale, Kool-Aid)
- . black coffee and plain tea (**no** cream or milk can be added)
- . clear broth, bouillon, consommé
- . plain jello/gelatin – except for **red** or **purple** colors (**no** fruit or cream additives)
- . popsicles or Italian ice
- . water

2. Sometime between 4-5pm, empty Dose 1 into the disposable container. Add drinking water to the top line of the container. Mix to dissolve. Drink the solution down within 30 minutes. Drink 16oz of a clear liquid within the next 30 minutes.

**DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

**ON THE MORNING OF YOUR COLON EXAMINATION: Date: \_\_\_\_\_**

1. At \_\_\_\_\_, empty both pouches of Dose 2 into the disposable container. Add drinking water to the top line of the container. Mix to dissolve. Drink the solution down to within 30 minutes. Drink 16oz. of a clear liquid within 30 minutes.

**REMINDER! DO NOT have anything to drink after midnight other than your morning prep dose. Drinking anything will cause your procedure to be delayed or cancelled!**

Turn over for additional instructions

Remember to drink plenty of clear liquids in between your prep dose ! You can remain on clear liquids until midnight.

**ADDITIONAL INFORMATION & INSTRUCTIONS**

This colonoscopy examination is performed under IV sedation for your comfort. Therefore, a family member or friend **MUST** accompany you to the place of the procedure because you will not be allowed to drive home on your own due to the effects of this medication. You will not be able to take a taxi or the courtesy car by yourself. Please do not wear any jewelry and leave your valuables at home. Due to the effects of the sedation, we recommend a responsible person stay with you when you get home and throughout the day.

**\*\*Blood pressure and heart medications MUST** be taken early in the morning of the exam with only a small sip of water.

You should avoid all other prescription and over-the-counter medications unless otherwise specified by the doctor. You may take them at home after your procedure.

Medications to avoid for three days prior to your examination include:

iron supplements

Vitamin E, fish oil

aspirin or aspirin-containing products (they have blood thinning properties)

Advil, Motrin, Aleve, Naprosyn, Ibuprofen and all other anti-inflammatory medications (they have blood thinning properties)

Celebrex

If you take Plavix, Trental, Coumadin, Eliquis, Pradaxa, Xarelto, Brilinta, Effient, Persantine, Ticlid or Aggrenox, check with your physician to see if you can stop for three days prior to your test. If your physician advises against stopping, call the office and let us know.

If you need to take an analgesic (pain reliever), use only over-the-counter Tylenol or Extra-Strength Tylenol.

If you are a diabetic, follow these instructions: \_\_\_\_\_

Do not smoke on the day of your exam, prior to the exam.

If you experience soreness in the rectal area, applying vaseline may be helpful.

PLEASE READ THESE INSTRUCTIONS CAREFULLY. YOU MAY CALL THIS OFFICE AT 630-789-2260 IF YOU EXPERIENCE ANY PROBLEMS WHILE TAKING THIS COLON PREPARATION OR IF YOU HAVE ANY QUESTIONS REGARDING THE PROCEDURE.

**Please call your insurance company to check your benefits. If you need precertification, let us know and we will be happy to take care of that for you.**