

PREPARING FOR YOUR PROCEDURE:

Only your physician can choose the proper colon preparation based on careful review of your medical history. Please follow precisely the enclosed preparation your physician has chosen for you. Certain medical conditions prohibit the use of some colon preparations. Using an inappropriate preparation, or failing to follow instructions carefully, could be dangerous to your health. Follow the clear liquid diet the day prior to your procedure and the enclosed laxative preparation.

MEDICATION INSTRUCTIONS:

Do not take prescription or over-the-counter diet medication or weight loss drinks for 14 days prior to your procedure. This does not include diet sodas.

Do not take these medications for **seven (5-7) days before your procedure:**

Aleve® (Naprosyn)	Bextra®	Motrin®	Vitamins
Advil® (Ibuprofen)	Celebrex®	Iron	Anaprox®
Herbal Supplements	Goody's®, BC®, Stanback®, etc.		

Do not take anything for arthritis, pain or headaches other than Tylenol® (acetaminophen) without consulting with our office first. If you are unsure then please call the office.

If you take blood thinners, which may include these listed below, call our office for instructions:

PLEASE CONTINUE ASPIRIN

Coumadin®, warfarin*	Ticlid®, ticlopidine	Pletal®, cilostazol
Aggrenox®	Effient®	Plavix®, Clopidogrel

*If you take Coumadin® or warfarin, you will need to have your Protime/INR (lab) drawn the morning of the procedure.

Please call our office if you are taking any other blood-thinning medications for heart or stroke conditions that are not listed above.

If you take Glucophage® (metformin) for diabetes, you should stop **24 hours (1 day)** prior to your colonoscopy (do not take your dosage the day prior to your procedure).

If you take insulin, you need to contact your diabetes doctor ahead of time to let your doctor know about the clear liquid diet. Your doctor's office will be able to tell you how to adjust your insulin.

Please take your morning dosage of your heart and/or blood pressure medication with a small sip of water the morning of your procedure. Otherwise, do not eat or drink anything 4 hours before your procedure.

Please make arrangements to have someone drive you home. You will only be discharged to the care of a responsible adult who can understand and follow your discharge instructions. You will not be allowed to take a taxi cab home.

After your discharge, you will be asked to limit your activity until the following day due to the sedation/anesthesia; including making critical decisions, operating machinery, or participating in activity requiring good hand-eye coordination. **You will not be released to drive until the morning after the procedure.**

After the procedure, the physician will talk to you and/or your family member to discuss the findings. If a biopsy was taken or polyp(s) removed, the pathology results will be back in approximately seven days. If you haven't heard from our office in 2 weeks regarding your results, please call. If the physician thinks there is an emergency, you will be called immediately.

Thank you for allowing us to take care of you.

Plenvu® Instructions

The prescription for your bowel prep, Plenvu®, has been electronically sent to the pharmacy you provided us. You may pick up your prescription at the pharmacy and we highly recommend that you pick it up at least 1 week prior to your colonoscopy.

On the day before your procedure, **DO NOT EAT ANY SOLID FOOD**. You may have a clear liquid diet consisting of the following:

- All soft drinks, such as Coke, Diet Coke, Sprite, Ginger ale, etc.
- Apple, white grape or white cranberry juice. (Do not drink orange, tomato or grapefruit juices.)
- Beef or chicken bouillon cubes, melted in warm water to make a clear soup.
- Jell-o® gelatin, any color except red*. Do not add fruit.
- Tea or coffee with or without sugar. Do not add cream, milk or powdered milk or creamer.
- Kool-Aid® Gatorade®, or Popsicles®, any color except red*.
- Water

DO NOT EAT OR DRINK ANYTHING RED IN COLOR

First Dose

Step 1: At 3 PM the afternoon before your colonoscopy, using the mixing container to mix the contents of the Dose 1 pouch with at least 16 oz 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.

Step 2: Refill the container with at least 16 oz of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

Second Dose

Step 1: At 9 PM on the evening before your procedure, using the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 oz 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.

Step 2: Refill the container with at least 16 oz of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

Plenvu® can be refrigerated. Use within 6 hours after it's mixed with water.

**DO NOT HAVE ANYTHING TO EAT OR DRINK 4 HOURS
BEFORE YOUR ARRIVAL TIME**

This includes gum, candy, mints, or ice chips