

Colonoscopy with Split Dosing Plenvu

Your Procedure:

You are scheduled for a colonoscopy, a procedure in which a doctor examines the lining of your large intestine by looking through a flexible tube called a colonoscope. If growths or other abnormalities are found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy.

Procedure Date: _____

Arrival Time: _____ **Procedure Time:** _____

YOUR BOWEL PREP IS EXTREMELY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY.

1 Week Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>▶ Purchase the following:</p> <ul style="list-style-type: none"> -Plenvu Bowel Prep Kit (prescription from Dr.) -Clear liquids (no red or purple – see list for clear liquid choices) ▶ Optional – for sore bottom: -Plain or Aloe Baby Wipes -Desitin or A&D ointment ▶ Arrange for a responsible adult to stay with you during the procedure and take you home post-procedure. ▶ If you take fiber supplements or medications containing iron discontinue those 7 days before your appointment. This includes multi-vitamins with iron. ▶ You may continue your “baby” aspirin and regular aspirin. Let us know if you are on Plavix, coumadin, or other blood thinners. ▶ If you have diabetes you have been given a Diabetic Prep Sheet. ▶ Stop taking these medications: <p>_____</p> <p>_____</p>	<p>▶ Begin low fiber diet. See handout for details.</p> <p>▶ Stop consuming all high-fiber foods.</p> <p>▶ Last chance to cancel appointment. Call your physician’s office at the number below if you need to reschedule your procedure or if you have any questions:</p> <p>_____</p>	<p>▶ Continue low fiber diet.</p> <p>▶ Drink at least 4 large glasses of water throughout the day.</p> <div data-bbox="884 862 1050 914" data-label="Image">  </div> <p>No solid foods after midnight!</p>	<p>▶ Begin clear liquid diet.</p> <p>See clear liquid choice handout for suggestions and recipes!</p> <p>▶ Please follow these instructions (disregard package instructions).</p> <p>▶ Drink at least 4 large glasses of water throughout the day.</p> <div data-bbox="1234 971 1400 1023" data-label="Image">  </div> <p>▶ 5pm: Take Dose 1</p> <p>Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking until dissolved. This may take up to 3 minutes. Slowly finish dose within 30 minutes.</p> <p>▶ 5:30pm: Refill the container with 16 ounces of clear liquid. Slowly finish all within 30 minutes.</p> <p>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution.</p>	<p>2nd Part of Split Prep</p> <p>▶ 6 hours before your procedure: Take Dose 2</p> <p>▶ Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking until dissolved. Slowly finish the dose within 30 minutes. Refill container with 16 ounces of clear liquid. Slowly finish in 30 minutes.</p> <p>▶ After your prep, the results should appear <u>clear yellow</u> or <u>clear green liquid</u> with <u>no solid matter</u>. If not, please call your doctor at the office or medical exchange.</p> <p>▶ NOTHING by mouth within 4 hours of scheduled procedure time – including gum, hard candy/mints & NO smoking tobacco, marijuana, or use of e-cigarettes the day of your procedure.</p> <p>▶ You may take your essential morning medications with 4 tablespoons (2 oz) of water, 2-4 hours prior to your procedure, unless otherwise directed by your physician.</p> <p>▶ Be sure to bring the following:</p> <ul style="list-style-type: none"> -Responsible adult driver to stay with you and drive you home. Your procedure will not start without your driver present. -Insurance Cards -Driver’s License/Photo ID -Any co-insurance fees due