



# Procedure Reminders

## Colonoscopy/Flexible Sigmoidoscopy

### Your Appointment

**Appointment Date:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

Your arrival time is 45 minutes prior to your procedure time. This allows time for check-in, health history review, and pre-procedure evaluation. Please be aware that we may contact you in the days leading up to your procedure, as your arrival time may be subject to change.

### Reminders About Your Appointment

**Please follow all instructions carefully, as improper preparation may result in your procedure being rescheduled.**

- **Transportation:** Due to the sedation you will receive, someone at least 18 years of age MUST bring you to your appointment, remain in their vehicle during the entire time of your procedure, and drive you home afterwards. A taxi, bus, Uber, Lyft, or similar service is NOT an acceptable form of transportation. If you arrive without a driver, your procedure will be rescheduled. If you have questions about whether a method of transportation is acceptable, please contact our office at the number listed below.
- **Alcohol Consumption:** Do not consume any alcohol during the course of your procedure preparation.
- **Jewelry:** Please leave all jewelry and other valuables at home or with your driver, as we do not provide a secure area for these items.
- **Questions?** Contact our office at **(336) 448-2427 (option 6, then option 2)** if you have any questions about your prep or if there are any changes in your medical history between the day of scheduling and the appointment date.

### Reminders About Medications

If you are taking medication on a regular basis:

- Take all necessary medications at least 4 hours prior to your arrival time.
- **Diabetes:** Please contact the prescribing physician regarding instructions for injectable diabetic medication the day before and the day of the procedure. **DO NOT TAKE oral diabetic medication** the day of the procedure.
- **Blood Pressure:** DO NOT SKIP any doses of your blood pressure medication.
- **Iron:** STOP taking iron 5 days before your procedure.
- **Inhalers and Nebulizers:** May be used up to the time of your procedure.
- **Blood Thinners:** Please contact the physician who prescribes this medication for you to make sure it is okay to stop taking it for the recommended time (listed below) prior to your procedure. You may remain on aspirin unless otherwise instructed.

**Aggrenox/Plavix:** 5-7 days

**Brilinta/Coumadin/Jantoven:** 5 days

**Effient:** 7 days

**Eliquis:** 48 hours

**Pletal/Persantine:** 48 hours

**Pradaxa:** 48 hours

**Savaysa:** 1-3 days

**Xarelto:** 24-48 hours

If you are on a blood thinner that is not listed, please contact the prescribing physician for instructions.



## 2 Day Extensive: Plenvu & Miralax Colonoscopy Preparation Instructions

### Items to Purchase

- Plenvu (prescription)
- One 119-gram bottle of Miralax powder
- Your choice of one of the following clear liquids (No Red):
  - Option 1: Hydralyte drink mix with 32 ounces of water (view [hydralyte.com/where-to-buy](http://hydralyte.com/where-to-buy) for retailers)
  - Option 2: 32 ounces of Gatorade or Powerade
  - Option 3: Crystal Light powdered drink mix with 32 ounces of water
  - Option 4: 32 ounces of Propel or Vitamin Water
  - Option 5: 32 ounces of Apple or White Grape Juice

### 3 Days Before Procedure

- ✓ Eat a well-balanced diet. Avoid whole grains, nuts, seeds, popcorn, raw or dried fruits and vegetables and salads.

### 2 Days Before Procedure

- ✓ **5:00pm:** Mix the 119-gram bottle of Miralax into the 32 ounces/1 liter of drink solution and drink the full amount.
- ✓ **No solid food after 5pm. Begin a clear liquid diet. DO NOT consume anything red in color OR dairy products.**  
Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc.

### Day Before Procedure

- ✓ **Continue a clear liquid diet.**
- ✓ **4:00pm:** Mix Dose 1 of Plenvu: Using the mixing container, empty the contents of the Dose 1 pouch into at least 16 ounces of water and mix by shaking or stirring until the solution is completely dissolved. This may take a few minutes.
- ✓ Drink the 16 ounces of Plenvu solution over 30 minutes by drinking 1 glassful every 10 to 15 minutes.
- ✓ Following the Plenvu Dose 1, drink an additional 16 ounces of clear fluid over 30 minutes.
- ✓ If nausea, severe bloating, distention, or abdominal pain occurs, stop the prep and resume when symptoms resolve.

### Day of Procedure

- ✓ Continue a clear liquid diet.
- ✓ **6 hours prior to arrival time:** Mix Dose 2 of Plenvu: Using the mixing container, empty the contents of Dose 2 (Pouch A & Pouch B) into at least 16 ounces of water and mix by shaking or stirring until the solution is completely dissolved. This may take a few minutes.
- ✓ Drink the 16 ounces of Plenvu solution over 30 minutes by drinking 1 glassful every 10 to 15 minutes.
- ✓ Following the Plenvu Dose 2, drink an additional 16 ounces of clear fluid over 30 minutes.
- ✓ **4 hours prior to arrival time:** Take any necessary medications. You should be finished drinking the Plenvu solution.

**ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME!** (This includes water.)