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## Colonoscopy Bowel Preparation Instructions WITH *PLENVU*

Date of Procedure: \_\_\_\_\_ Time: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

**IF YOU ARE ON A BLOODTHINNER ( \_\_\_\_\_ ): STOP TAKING IT ON \_\_\_\_\_**

**COVID TESTING REQUIRED:** Please see paperwork for details. If you are having a hospital procedure, COVID testing is specific to that location. Please, call the office if you have any questions.

**IT IS VERY IMPORTANT FOR YOU TO FOLLOW THE BOWEL PREPARATION FOR AN EFFECTIVE COLONOSCOPY. ANY STOOL REMAINING IN THE COLON CAN HIDE LESIONS AND RESULT IN THE NEED TO REPEAT THE EXAMINATION.**

**A RESPONSIBLE PARTY HAS TO ACCOMPANY YOU FOR THE PROCEDURE OTHERWISE THE PROCEDURE CANNOT BE PERFORMED. YOU CANNOT DRIVE FOR THE ENTIRE DAY AFTER RECEIVING ANESTHESIA FOR YOUR COLONOSCOPY.**

Every effort will be made to keep your appointment at the scheduled time, but in medicine, unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for his or her procedure.

The day of the colonoscopy, wear loose, comfortable-fitting clothes. Please do not wear jewelry and do not bring valuables.

### **5 days before your colonoscopy:**

- 1) Read the preparation instruction
- 2) Make sure you are aware of when you are supposed to stop your bloodthinner.
- 3) EAT a LOW RESIDUE DIET (cut down on your fiber foods) and increase fluid intake
- 4) Arrange for a driver (friend or family member) who will be required to sign for your discharge

### **2 days before your colonoscopy:**

[2 DAY CLEAR LIQUID PREP REQUIRED: Yes/ No BEGINS ON \_\_\_\_\_AM]  
[-Purchase 1 bottle of Magnesium citrate]

- 1) **Purchase:**

- a. Plenvu (by prescription only)
- b. Dulcolax Laxative 5mg Tablets (over the counter- you will only need 2)
- c. Gas tablets such as Gas-X (optional)

**THE DAY BEFORE THE COLONOSCOPY on \_\_\_\_\_**

**NO SOLID FOOD OR ALCOHOL FOR THE ENTIRE DAY**

**YOU MAY ONLY HAVE WHAT IS LISTED BELOW**

The **ENTIRE DAY** you must stay on a **CLEAR LIQUID DIET**. You should have as much **CLEAR LIQUIDS** as possible up until midnight

Clears liquids:

- Water
- Clear fruit juices (apple, white grape, white cranberry)
- Tea or coffee WITHOUT milk, creams, powder creamery
- Soda (7up, Sprite, Seltzer, Ginger ale)
- Chicken or beef bouillon
- Jell-O (NO RED, NO PURPLE)
- Italian ices or popsicles (NO RED, NO PURPLE)
- Gatorade (NO RED, NO PURPLE)

**At 4PM** Take (2) Dulcolax Tablets (over the counter) with a glass of water

**First dose of PREP At 6PM** (complete within an hour)

- 1) Mix the contents of Dose 1 pouch with at least 16oz of water until completely dissolved (may take 2-3 minutes). Finish the dose within 30 minutes
- 2) Drink ALL of the liquid in the container
- 3) Using the same container, you **MUST** refill and drink **TWO** more 16 oz. containers of water or clear liquid of your choice over the next 30 minutes.

**\*\*CONFIRM YOUR DRIVER IS AVAILABLE TO TAKE YOU THE NEXT DAY.**

**DAY OF THE COLONOSCOPY ON \_\_\_\_\_**

**NO SOLID FOOD, LIQUID OR ALCOHOL**

*MORNING MEDICATIONS YOU MAY TAKE WITH A SIP OF WATER:*

HOLD YOUR DIABETES MEDICATIONS

IF YOU HAVE ASTHMA BRING YOUR INHALER WITH YOU

**SECOND dose of PREP AT 6AM** (complete within an hour)

- 1) Mix the contents of Dose 2 (Pouch A&B) with at least 16oz of water until completely dissolved (may take 2-3 minutes). Finish the dose within 30 minutes
- 2) Drink ALL of the liquid in the container.
- 3) Using the same container, You **MUST** refill and drink **TWO** more 16 oz. containers of water or clear liquid of your choice over the next 30 minutes.
- 4) If you have rectal discomfort, apply diaper rash ointment.

**NOTHING TO EAT OR DRINK AFTER \_\_\_\_\_ UNTIL AFTER YOUR PROCEDURE**

*IF YOU ARE STILL HAVING BROWN COLORED STOOL (EVEN IF IT IS LOOSE) PLEASE CALL THE OFFICE PRIOR TO COMING IN*

### **AFTER THE EXAM**

You may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times after the procedure before going to sleep. You may take Gas-x as needed for any gaseous discomfort

#### **What is a colonoscopy?**

Colonoscopy is a diagnostic procedure, which allows the doctor to visualize the lining of your large intestine (known as the colon). This is accomplished by using a colonoscope which is a long, thin, flexible tube with a light at the tip. If the doctor sees an abnormality, he can pass an instrument through the colonoscope and take a small piece of tissue (biopsy) for examination. Taking a biopsy causes no pain. The colonoscopy may be used as a means of treatment as well. If a colonic polyp (an abnormal growth of colonic tissue) is found, your doctor may be able to remove the polyp through the instrument. **Polyp detection rate by a colonoscopy is not a 100% accurate. There can be up to 7-10% miss rate of important lesions by the colonoscopy. The accuracy of colonoscopy for lesions will partly depend on the cleanliness of your colon. This is why a thorough preparation is extremely important.** The procedure should not be scheduled if you are traveling within 2 weeks after the examination.

**You will be sedated (sleeping) in order to minimize any discomfort you might experience during the procedure.**

**IF YOU ARE ON BLOOD THINNER, IT IS EXTREMELY IMPORTANT THAT YOU TELL US.**

#### **What to expect after the procedure:**

The procedure is usually well tolerated. There may be some discomfort during the colonoscopy, but is usually mild. In rare cases, passage of the colonoscope through the entire colon is not possible.

You might be sleepy for an hour or two after the procedure due to the medications given for sedation during the examination. You will expel gas since air is instilled in your colon during the procedure for adequate visualization. If a polyp is removed, further instructions will be given to you. You will be able to resume your diet after the colonoscopy unless you are instructed otherwise. Occasionally it is necessary to admit a patient after the procedure.

#### **What are the complications?**

Colonoscopy and polypectomy is safe and is associated with very low risk when performed by physicians who have been specially trained and are experienced in these endoscopic procedures.

One possible complication is perforation in which a tear through the wall of the colon may allow leakage of intestinal fluids. This complications usually requires surgery but may be managed with antibiotics and intravenous fluids in selected cases.

Bleeding may occur from the site of biopsy or polyp removal. It is usually minor and stops on its own or can be controlled by cauterization (application of electrical current) through the colonoscope. Rarely, blood transfusions or surgery may be required. Bleeding can occur up to two weeks after your colonoscopy.

Localized irritation of the vein may occur at the site of the intravenous catheter. A tender lump may develop. This lump could remain for several weeks to several months but it goes away eventually. Other risks include drug reactions and complications from unrelated diseases such as heart attach or stroke. It is extremely rare, but death remains a remote possibility.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL OUR OFFICE.**