

COLONOSCOPY

PLENVU BOWEL PREPARATION INSTRUCTIONS

Patient's Name: _____

Procedure Location: **Digestive Care Medical Center** (650) 596-8800 (scheduling/after hr)
1000A Laurel Street, San Carlos, CA (650) 596-8118 (nursing)

Date and Time of Procedure: _____ **ENTER ON MORSE ST**

Arrival Time: _____

Purpose of Procedure: To evaluate the colon with a flexible instrument.

Preparation: Obtain the prescribed PLENVU Bowel Prep Kit (+/- baby wipes) from a pharmacy.

- **5 Days Before:** Stop taking any anti-diarrheals (e.g. Imodium), Plavix, warfarin, ibuprofen, naproxen, iron, aspirin in doses > 81mg
 - **3 Days Before:** Avoid whole grain bread, high fiber cereals, fiber supplements, nuts, seeds, granola
 - **2 Days Before:** _____ Stop Eliquis, Pradaxa, Savaysa, Xarelto, if allowed by your prescribing doctor
 - **1 Day Before:** _____
1. Drink **only clear liquids the entire day** (Gatorade, clear broth, apple juice, cranberry juice, grape juice, soda, popsicles, tea, black coffee and jello. **No red jello. No alcohol. No solid food**).
 2. **At 4pm or later**, empty Dose 1 into the mixing container provided. Add cool drinking water to the 16-ounce line and shake until completely dissolved. Drink **ALL** the liquid in the container over 30 minutes. Drink another 16-ounces of clear liquids from the mixing container. **You must continue to drink liquids all day prior to procedure.** (Note that responses to laxatives vary; it may take anywhere from 30 minutes to 4 hours to cause diarrhea).

● **Day of Procedure:**

1. **Starting 4-6 hours before procedure**, empty Dose 2 (both Pouch A + B) into the mixing container provided with cool water to the 16-ounce fill line and shake until completely dissolved. Drink the entire amount over 30 minutes. Drink another 16-ounces of clear liquids of your choice from the mixing container. **Nothing to drink for 2 hours prior to the exam.** Take your usual morning medications (particularly blood pressure medications other than diuretics) with sips of water.

Please note:

- If you are diabetic hold your oral diabetic medication on the morning of procedure. Check your blood sugar and if >150 then take ½ your regular insulin dose on AM of procedure.
- Arrange for someone to drive you home (not Uber, Lyft, taxi or bus) and be prepared to be at the endoscopy center for 60 minutes. **You will not be able to drive for the remainder of the day of your procedure.**
- Please notify us **at least one week prior to exam** if you must cancel. **NOTE: There is a \$300 charge for procedures cancelled within 5 business days of scheduled date.** The above procedure may result in bills from our office, the Digestive Care Medical Center, tissue lab, and pathologist. We will collect up to \$300 deposit if yearly deductible has not been met.