

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 the 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.
 2. **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 the 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 the exam if you must cancel. **NOTE: There is a \$300 charge for procedures cancelled within 5 business days of scheduled date.**
- The above procedure will result in bills from our office (Digestive Care Associates) and facility (Digestive Care Medical Center) covering costs of the doctor, nursing, medication, and any pathology specimens. We will collect up to \$300 deposit if yearly deductible has not been met.