



Colonoscopy Instructions with

pt _____ dob _____

Appointment time/date: _____ arrival time: _____ location: **DCC MJH**

No later than 5 days before your procedure, pick up your prescription from your pharmacy. It is very important that you bring the prescription, discount card, and pharmacy instructions with you, so the prescription does not go through insurance and the savings program price applies.

Please purchase Milk of Magnesia, you will need it if you have constipation or trouble with your prep.

STOP taking iron, fish oil or vitamin E supplements **STOP** eating seeds, nuts, popcorn for 5 days before appt.

OK to take regular medications

TWO DAYS BEFORE YOUR PROCEDURE:

If you have any issues with constipation, take 30 ml of Milk of Magnesia before you go to bed.

THE DAY BEFORE YOUR PROCEDURE: **NO SOLID FOOD** until after your procedure.

Clear liquid diet ALL day for breakfast, lunch and dinner. Clear liquids include apple/white grape juice, Sprite, Gatorade (not red, blue or purple), chicken broth, Jello or popsicles (not red, blue or purple), black coffee (no milk or cream) & tea.

Evening PLENVU DOSE 1: Date: ____/____/____ Day of Week: Sun Mon Tue Wed Thurs Time: 4 pm	Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. Drink slowly and finish within 30 minutes. Refill the container with at least 16 ounces of clear liquid, and slowly drink within 30 minutes. Continue drinking clear liquids throughout the evening. It helps your prep and keeps you hydrated.
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If you have not started having liquid stool by 8 pm, take one dose of Milk of Magnesia (30ml).

THE MORNING OF PROCEDURE:

Morning PLENVU DOSE 2: Date: ____/____/____ Day of Week: Mon Tue Wed Thurs Fri Time: _____ am (5 hours before appt or 8 hours before for double procedure)	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 or using a spoon until it's completely dissolved. Drink slowly and finish within 30 minutes. Refill the container with at least 16 ounces of clear liquid, and slowly drink within 30 minutes. Continue drinking clear liquids up until 3 hours before your appointment time, then stop drinking anything.
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Do not skip this dose of your bowel prep, even if you are running clear when you go to the bathroom. The second dose of prep washes away the bile that your body produces overnight. Your procedure may be cancelled or aborted if you do not do the second half of your prep.

STOP DRINKING ALL FLUIDS, EVEN WATER, 3 HOURS PRIOR TO YOUR APPOINTMENT.

(6 hours if you are having a double procedure)

You can sign up to receive text messages and alerts to remind you: <ul style="list-style-type: none">• When to take each dose of PLENVU• Tips on how to stay hydrated• When to stop drinking liquids• How to improve the bowel prep experience To sign up, text PLENVU to 84883 Text SAVE to 84883 to activate the savings coupon	If you have any questions or concerns while taking PLENVU , you can call the free PLENVU hotline: 1-855-MY-PLENVU Live operators are available during daytime and evening hours to fit your needs, Sunday 4 pm to Friday 8 pm, EST and can answer a variety of questions, including those related to dosing. Many different languages are available.
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SPECIAL INSTRUCTIONS:

- ☐ **Nausea**-if you have been prescribed Zofran (ondansetron) to prevent nausea, place 1 tablet under tongue 30 minutes before each dose of your prep. Allow yourself extra time to drink prep slowly.
- ☐ **High Blood Pressure**-if you usually take your blood pressure medication in the morning, please take it the morning of your procedure with a small sip of water no later than three hours prior to your procedure. If your blood pressure is too high when you come in, your procedure may be cancelled.
- ☐ **Diabetics**-if you only take oral medications, do not take it the morning of your procedure. If you take insulin, monitor your blood sugar carefully throughout your prep. Do not take insulin the morning of your procedure but bring it with you to your appointment. Contact your endocrinologist for specific advice on how to safely do your bowel prep.
- ☐ **On prescription blood thinners**-your provider may have recommended that you hold your blood thinner for your procedure. Our office will contact the prescribing physician for approval. If you have not heard from us within a week of your procedure for instructions, call our office.
- ☐ **History of a failed or incomplete bowel prep**-7 days prior to your procedure take one dose (17 g or 1 capful) of Miralax every evening for 5 days. Then follow the regular prep instructions.
- ☐ **On prescription weight loss medications**-certain prescription weight loss medications are unsafe to take when you are having anesthesia. Please contact the physician who prescribes these for you for instructions about tapering. If you are on any medication containing phentermine, you must be off of it for at least 7 days before you have anesthesia.

IMPORTANT TRANSPORTATION NOTE

 Patients cannot drive a vehicle for the remainder of the day after having sedation. Please be sure to bring a responsible adult with you to drive home after your procedure.

PROCEDURE CANCELLATION, LATE ARRIVAL AND NO-SHOW POLICY

 Our office must be notified of all procedure cancellations at least two days prior to your appointment. Failure to do so will be subject to a \$100 no-show fee. You must arrive at least 30 minutes prior to your procedure time, late arrivals are not guaranteed to have their procedure.

By signing below, I acknowledge that I have read and understood the information provided on this form. I understand that I am responsible for adhering to the preparation and all policies listed above, which were reviewed with me.

Patient Name: _____ Signature: _____