

# Gastro Health - Olympia

GastroHealth.com/Olympia

☐ COLONOSCOPY

☐ EGD (Gastroscopy)/COLONOSCOPY PREPARATION INSTRUCTIONS

## Split Dose PLENVU

Appointment Day \_\_\_\_\_ Date \_\_\_\_\_ Arrival Time \_\_\_\_\_ am/pm Doctor \_\_\_\_\_

SEVEN (7) DAYS BEFORE	THREE (3) DAYS BEFORE	DAY BEFORE	DAY OF PROCEDURE
<ol style="list-style-type: none"> <li><b>Regarding Aspirin:</b> If you are on aspirin due to a heart problem, previous TIA, stroke, heart attack, blood clots (lung or leg) or other vascular problem, do <b>NOT</b> stop aspirin. If you are on aspirin for arthritis or simply as a general recommendation, do <b>STOP</b> it for this procedure.</li> <li>Tylenol and Acetaminophen are <b>okay to take</b>.</li> <li>Stop iron, multi-vitamins with iron and fish oil supplements for this procedure.</li> <li>At your pharmacy: <ul style="list-style-type: none"> <li>Fill prescription of PLENVU preparation.</li> </ul> </li> <li>Read this entire instruction sheet (front and back).</li> <li>Read complete packet of materials included with this handout.</li> <li>For GLP-1 (weight loss injection) medication hold. See Diabetic instructions</li> </ol>	<ol style="list-style-type: none"> <li>Stop anti-inflammatory medications (including those taken for arthritis) such as: Ibuprofen, Advil, Motrin, Aleve, Naprosyn and Relafen.</li> <li>If you take Prednisone, do <b>NOT</b> stop taking it unless otherwise directed.</li> <li>Stop fiber supplements such as Metamucil, Citrucel and Benefiber.</li> <li>Stop eating berries, nuts and seeds.</li> <li>Confirm with driver. <b>No</b> driver = <b>No</b> sedation.</li> </ol>	<ul style="list-style-type: none"> <li><b>No solid food. No dairy. No juice with pulp. No alcohol</b> until after the procedure.</li> <li>To stay hydrated, <b><u>drink at least 8 glasses of clear liquids* during the day and evening</u></b>, in addition to the liquid preparation.</li> <li><b>*Clear liquids include:</b> Apple and white grape juice, <b>low-sodium</b> beef, chicken or vegetable broth; plain tea, black coffee; soda pop, Crystal Light, Kool-Aid, Jell-O, popsicles and water. <b>Avoid clear liquids with red food coloring or red dye such as "Red 40"</b> listed on its labeling; <b>Avoid dairy and Ensure</b> type beverages.</li> <li>If you are on Lovenox injections, stop the injections as directed by your prescribing provider.</li> </ul> <p><b>Dose 1 (mango flavor):</b></p> <ol style="list-style-type: none"> <li>At Between 3:00pm-<b>6:00 pm</b>: Use the mixing container to mix the contents of the <b>Dose 1</b> pouch <b>with at least 16 ounces of water by shaking or stirring until it's completely dissolved. This may take 2-3 minutes. Take your time-slowly finish the dose within 30 minutes.</b></li> <li>Refill the container with at least 16 ounces of approved clear liquid. Again, take your time and finish all of it within 30 minutes.</li> </ol> <p>Stay close to the restroom.</p> <p><b>Continue drinking clear liquids until bedtime.</b></p>	<p><b>DAY OF PROCEDURE</b></p> <p><b>You may drink approved clear liquids until you start the second dose of laxative</b></p> <p><b>Dose 2 (fruit punch flavor):</b></p> <p><b>At 7 hours prior to arrival time</b></p> <ol style="list-style-type: none"> <li>Use the mixing container to mix the contents of the dose 2 pouch A and B with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. Slowly finish the dose within 30 minutes.</li> <li>Refill the container with at least 16 ounces of approved clear liquid. Slowly drink it all within 30 minutes.</li> </ol> <ul style="list-style-type: none"> <li><u>You may drink clear liquids until four hours before your appointment, then STOP.</u></li> <li><b>MEDICATIONS TO STOP:</b></li> <li>Do <b>NOT</b> take any diabetes medication after midnight the day of your exam.</li> <li><b>MEDICATIONS TO TAKE: (with a sip of water)</b> <ul style="list-style-type: none"> <li><b>Do take</b> prescription blood pressure, heart, lung, seizure, (narcotic) pain, and psychiatric medications.</li> <li>Do <b>NOT</b> smoke the day of your procedure.</li> </ul> </li> </ul>

### Special Instructions: Hold the following medications as indicated ONLY IF CHECKED BELOW

☐ **Antiplatelet agents** such as Dipyridamole (Aggrenox, Persantine), Clopidogrel (Plavix), Prasugrel (Effient): *Hold for \_\_\_\_\_ days before procedure.*

☐ **Blood thinners** such as Warfarin (Coumadin), Pradaxa: *Hold for \_\_\_\_\_ days before procedure.*

You will be given written instructions about restarting this medication after your procedure. Call our office if you didn't receive those.

## Location, Tips and Other Information

### Your Procedure is Scheduled at:

- ☐ **Gastroenterology Associates Endoscopy Center (GAEC)**  
209 Lilly Road NE, Suite A, Olympia, WA 98506 | 360.413.8250  
(1st Floor, turn right just inside of the Main Entrance)  
If your weight is  $\geq 350$  lbs or your BMI is  $\geq 50$
- ☐ **Providence St. Peter Hospital Endoscopy Center**  
413 Lilly Road NE, Olympia, WA 98506 | 360.413.8250  
(Check in at Admission Desk in Main Lobby)

### Your Prep is the Key to a Successful Procedure

The colon must be completely clean of waste material prior to your procedure. Follow these preparation instructions very carefully, as any remaining stool can obscure visualization of the lining of the colon, which will interfere with our ability to provide you with a complete examination and could necessitate rescheduling of the procedure.

### In Planning Your Procedure, Have You Told Us If You

- Could be pregnant. If you arrive for your procedure possibly pregnant, your procedure may be rescheduled.
- Have had a recent hospitalization or major health event (since we last saw you or since we completed your pre-procedure questionnaire by phone).

### Mixing Your Bowel Preparation

- PLENVU is a type of PEG 3350 oral solution. Although instructions may be included with the container, **MIX** the preparation according to instructions on the *front side of this form*.

### Taking Your Bowel Preparation

- Bowel cleansing may cause some people to get lightheaded, **so move about carefully** after you've started taking the preparation. Colonoscopy preparations may lead to fluid or electrolyte imbalance which can cause dizziness and/or passing out. It may very rarely cause a potentially life-threatening sodium or magnesium imbalance. It is **very important** to drink clear liquids as instructed to stay hydrated.
- The colon must be thoroughly cleansed prior to your procedure. Bowel movements will be different for everyone but will eventually become watery. Some amount of yellow/green liquid and brown bits is normal.
- Flushable wet wipes instead of toilet paper may make you more comfortable.
- It is normal to feel chilled while drinking the preparation. A warm shower or warm clothing may make you more comfortable.
- If you become nauseated while drinking the liquid preparation, stop for 1 hour, walk around, and then start drinking again at a slower pace. Drink the full amount directed, even if it takes longer to drink it.
- Drinking the liquid from a straw, or while intermittently licking a popsicle, may help you get it down easier.
- If you are unable to drink the prep or have not had good results, please contact our office/answering service at 360.413.8250 after 6:30 am.

### On Your Procedure Day

- You must bring a driver at least 18 years of age with you to your procedure. Your companion should remain in the Endoscopy Center lobby throughout your procedure and recovery (read the Driver's Responsibilities form included).
- Wear comfortable clothing and socks to keep your feet warm. Do not wear jewelry, tight belts, pantyhose, cologne or perfume. Leave money and other valuables at home. Bring insurance card(s), copay (if required) and driver's license or photo ID.
- Plan to be at GA Endoscopy Center 2-2½ hours, at the hospital Endoscopy Center 3-6 hours. Actual procedure time is much less than that.
- Your judgement and reflexes may be impaired due to the sedatives you will receive. You will not be able to drive, operate machinery, sign legal documents, drink alcoholic beverages or go to work until the following day.
- If you take prescription blood pressure, heart, lung, seizure, (narcotic) pain or psychiatric medication daily, please take your daily dose(s) as prescribed with a sip of water, including your procedure day.
- We discourage going "out" to eat at a restaurant after your procedure; plan your first meal at home.

**Visit our website at [GastroHealth.com/Olympia](http://GastroHealth.com/Olympia) to obtain more information about our practice.**

**If you have questions, call 360.413.8250 \*\*\*Read the front of this form for full instructions\*\*\***