



## Outpatient Colonoscopy Preparation:

**(72) hours prior** to your procedure you should **discontinue** the use of any **medications containing iron.**

**DO NOT EAT** any seed like material (eg popcorn, sunflower seeds, strawberries, corn, etc) for **seven (7) days before your procedure.**

**The day before your procedure there should be NO SOLID FOODS consumed.**

You may only have the following:

• <b>Chicken/Beef/Vegetable Broth</b>	• <b>Black Coffee/Tea</b>
• <b>Yellow/Green Jell-O</b>	• <b>Yellow/Green Popsicles</b>
• <b>Clear Grape Juice</b>	• <b>Sprite</b>
• <b>Non-Pulpy Apple Juice</b>	• <b>Ginger Ale</b>

**DO NOT ingest liquids that are red or purple in color. No milk or creamers. No alcohol.** If you are a smoker, please refrain from smoking the day of your procedure. *Includes: e-cigarettes, cigars, pipe, cigarettes, and marijuana.*

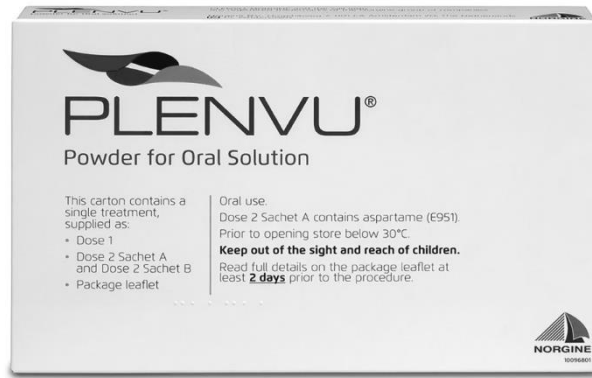
You may take blood pressure, heart or seizure medications the morning of your procedure with a small sip of water six (6) hours before your procedure.

You **MUST** bring an adult patient representative (age 18 or older), the representative **MUST** be able to remain at the facility from admission to discharge, be able to make medical decisions regarding your care, be able to speak with the physician, receive your procedure results, understand your post care instructions, and drive you home. Since you will be sedated, you will be groggy after the procedure and care instructions/procedure results will be given to your representative.

### **SPECIAL INSTRUCTIONS: (ONLY FOLLOW IF CHECKED)**

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- \_\_\_\_\_ Dulcolax 10mg by mouth the day before at 3:00PM
  - \_\_\_\_\_ Discontinue Plavix-Clopidogrel/Effient/Aggrenox/Brilinta seven (7) days before the procedure.
  - \_\_\_\_\_ Discontinue Coumadin/Warfarin/Jantoven five (5) days before the procedure.
  - \_\_\_\_\_ Discontinue Pradaxa/Xarelto/Eliquis (3) days before the procedure.
  - \_\_\_\_\_ Discontinue **ORAL (BY MOUTH) DIABETIC MEDS** the night before and morning of the procedure.
  - \_\_\_\_\_ Discontinue Phentermine/Adipex seven (7) days before the procedure.
  - \_\_\_\_\_ Hold GLP-1 agonists **on the day of** the procedure when the medication is taken **DAILY**
  - \_\_\_\_\_ Hold GLP-1 agonists **a week prior** to the procedure when the medication is taken **Weekly.**

# Mixing Instructions for Plenvu



The day before the colonoscopy on \_\_\_\_\_ at **6:00pm**.

**Step 1:** Use the mixing container to mix the contents of the Dose 1 pouch with at least 16oz of water by shaking or stirring until it's completely dissolved. This may take 2 to 3 minutes.

**Step 2:** Slowly **finish the dose within thirty (30) minutes**.

**Step 3:** **Refill the container** with at least 16oz of water. Slowly finish all of it **within thirty (30) minutes**.

**Step 4:** **One (1) hour** after the second container, refill the container with at least 16oz of water. Slowly finish all of it **within thirty (30) minutes**.

**Step 5:** **Eight (8) hours** before your procedure on \_\_\_\_\_ at \_\_\_\_\_ repeat steps 1 through 3, with Dose 2.

**Step 6:** **Thirty (30) minutes** after the second container, refill the container with at least 16 oz of water. Slowly finish all of it **within thirty (30) minutes**.

**No more liquids after \_\_\_\_\_, Six (6) hours prior to your procedure time.**

**No chewing gum, breath mints, tobacco, or alcohol products of any kind.**

**ABSOLUTELY NO PILLS OR LIQUIDS WITHIN SIX (6) HOURS OF YOUR PROCEDURE TIME.**



## Colonoscopy Split Dose Preparation Guide

**You will complete the split dose preparation as follows:**

1. The first dose will be completed the night before your appointment at 6:00PM
2. The second dose will be completed eight (8) hours prior to your appointment time
3. Discontinue the consumption of anything by mouth six (6) hours prior to your appointment time

Based on your appointment time, the below reference guide will assist you in completing the blank times on the preparation instructions.

APPOINTMENT TIME	FIRST DOSE: DAY BEFORE	SECOND DOSE: 8HRS PRIOR	NOTHING BY MOUTH 6HRS PRIOR
7:00 AM	6:00 PM	11:00 PM	1:00 AM
7:15 AM	6:00 PM	11:15 PM	1:15 AM
7:30 AM	6:00 PM	11:30 PM	1:30 AM
7:45 AM	6:00 PM	11:45 PM	1:45 AM
8:00 AM	6:00 PM	12:00 AM	2:00 AM
8:15 AM	6:00 PM	12:15 AM	2:15 AM
8:30 AM	6:00 PM	12:30 AM	2:30 AM
8:45 AM	6:00 PM	12:45 AM	2:45 AM
9:00 AM	6:00 PM	1:00 AM	3:00 AM
9:15 AM	6:00 PM	1:15 AM	3:15 AM
9:30 AM	6:00 PM	1:30 AM	3:30 AM
9:45 AM	6:00 PM	1:45 AM	3:45 AM
10:00 AM	6:00 PM	2:00 AM	4:00 AM
10:15 AM	6:00 PM	2:15 AM	4:15 AM
10:30 AM	6:00 PM	2:30 AM	4:30 AM
10:45 AM	6:00 PM	2:45 AM	4:45 AM
11:00 AM	6:00 PM	3:00 AM	5:00 AM
11:15 AM	6:00 PM	3:15 AM	5:15 AM
11:30 AM	6:00 PM	3:30 AM	5:30 AM
11:45 AM	6:00 PM	3:45 AM	5:45 AM
12:00 PM	6:00 PM	4:00 AM	6:00 AM
12:15 PM	6:00 PM	4:15 AM	6:15 AM
12:30 PM	6:00 PM	4:30 AM	6:30 AM
12:45 PM	6:00 PM	4:45 AM	6:45 AM
1:00 PM	6:00 PM	5:00 AM	7:00 AM
1:15 PM	6:00 PM	5:15 AM	7:15 AM
1:30 PM	6:00 PM	5:30 AM	7:30 AM
1:45 PM	6:00 PM	5:45 AM	7:45 AM
2:00 PM	6:00 PM	6:00 AM	8:00 AM
2:15 PM	6:00 PM	6:15 AM	8:15 AM
2:30 PM	6:00 PM	6:30 AM	8:30 AM

**PLEASE ONLY FOLLOW THE PREPARATION INSTRUCTIONS PROVIDED BY OUR OFFICE.**

The preparation is a vital part of the procedure, if the preparation is not accurately completed the procedure will have to be discontinued or rescheduled. If you have any questions, please contact our office during normal business hours at 770-536-8109.