

Colonoscopy Instructions (**Green Prep. 1-day PLENVU**)

If you have any questions or if you wish to cancel or reschedule your appointment, please call GI at 317-988-3818 or toll-free at 1-888-878-6889 Extension 8-3818.

Please follow these instructions. *DO NOT use the instructions found in the bowel prep box.*

Please read these instructions carefully. Following them is important to have a successful procedure.

Pre-Prep Check List, things you will need:

- The bowel prep medicine.
- My primary care physician's number to call only if taking diabetes medicines, oral or insulin, or if on prescribed blood thinners
- A driver to take you to the VA, stay until the procedure is done, then take you home. The procedure will take at least 4 hours.
- Items listed on the enclosed Low Residue Diet.
- Stock up on clear liquids, sports drinks to drink the day before

10 days before your procedure

Call your primary care physician to find out how to take any **diabetes**, or **blood thinning** medicines while doing your prep for the colonoscopy.

- Examples of Diabetes Medicine include both Oral and or Insulin.
- Examples of Blood thinners include, but are not limited to, Warfarin (Coumadin), Clopidogrel (Plavix), Enoxaparin (Lovenox), Prasugrel (Effient), (Ticagrelor), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban)

Continue to take your prescribed Aspirin

5 days before procedure

STOP taking Metamucil or Citrucel or other bulk forming fiber agents

STOP taking Iron supplements, including multivitamins with iron

STOP taking Fish oil

STOP taking Eating high fiber foods - No raw fruits and vegetables, beans, corn, popcorn, whole grain bread or cereals (see low residue diet provided)

STOP taking Red meats (such as beef, or pork) *You may eat chicken, turkey and fish.*

The day before the procedure Clear liquid diet only

STOP Eating solid food of any type

STOP Eating milk products (such as yogurt, ice cream, etc.)

STOP Eating or drinking anything red, blue or purple in color

STOP Drinking alcoholic beverages

It is important to stay hydrated - try and drink 8 ounces of a clear liquid every hour. Examples of clear liquids are Gatorade, fat free broth, colas, 7Up or Sprite, black coffee, tea, Jello, apple or white grape juice.

The day of procedure remember: Clear liquids only

Instructions to take the PLENVU split prep

Step 1: At 5:00 pm

1. Empty DOSE 1 (pouches A & B) into the mixing container that comes with your PLENVU
2. Add water to the "fill" line (about 16 oz.) & mix well to dissolve
3. Drink this solution over 30 minutes
4. Drink another 16 oz. of any clear fluids over the next 30 minutes

Helpful hint: you may mix and refrigerate the prep up to 6 hours before drinking

Step 2: 5 hours BEFORE your procedure

1. Empty DOSE 2 (pouches A & B) into the mixing container with 16 oz of water. Mix well to dissolve
2. Drink this solution over 30 minutes
3. Chew the 4 Simethicone tablets provided after you finish the prep solution
4. Drink another 16 oz. of any clear fluids over the next 30 minutes

Do not drink anything else until after your procedure. you may take your essential morning medicines with only a sip of water no later than 2 hours before your procedure time

Do not chew gum or have any hard candy

Remember:

- *Complete the prep 4 hours before appointment time*
- *Unless advised otherwise by your primary care doctor, take your prescribed blood pressure, heart and/or seizure medicines as usual with only a sip of water.*
- *Make sure your ride is available to take you to the facility and bring you back. Your driver must remain on hospital grounds during the entire time you are here*