

Colonoscopy Instructions (**Blue** / 2-day PLENVU)

If you have any questions or if you wish to cancel/reschedule your appointment, please call GI @ 317-988-3818 or toll-free @ 1-888-878-6889 Extension 83818.

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:

- Have the bowel prep medicine
- Have my primary care physician's number to call – only if taking diabetes medicines (oral or insulin) or on prescribed blood thinners
- Schedule 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
- Have 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 during your prep.

- **Examples of Diabetes Medicines** include both Oral and or insulin
- Examples of **Blood Thinners** include, but are not limited to Warfarin (Coumadin), Clopidogrel (Plavix), Enoxaparin (Lovenox), Prasugrel (Effient), Brilinta (Ticagrelor), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban)

Continue to take prescribed aspirin

5 days before procedure

STOP Metamucil or Citrucel or other bulk forming fiber agents

STOP Iron supplements, including multivitamins with iron

STOP Fish oil.

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

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

2 days before 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 so try and drink 8 ounces of a clear liquid every hour. Examples of clear liquids are Gatorade, fat free broth, colas, 7Up/Sprite, black coffee, tea, jello, apple or white grape juice

Instructions to take the PLENVU PREP. You will have two boxes of PLENVU for your 2-day Prep.

Step 1: At 5:00 pm open the first box of PLENVU prep

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

Step 2: At 7:00 pm

- Empty **DOSE 2 (pouches A and B)** into the mixing container with 16 oz. of water. Mix well to dissolve.
 - *Drink this solution over 30 minutes*
- Chew the 4 Simethicone tablets provided- after you finish the prep solution
- 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

1 day before procedure Continue to drink clear liquids all day

STEP 1: AT 5:00 PM open the second box of PLENVU prep

- Empty **DOSE 1** into the mixing container that comes with your PLENVU
- Add water to the “fill” line (about 16 oz.) & mix well to dissolve.
 - *Drink this solution over 30 minutes*
- Drink another 16 oz. of any clear fluids over the next 30 minutes

The day of your procedure: Remember- Clear liquids only

Step 1: 5 hours BEFORE your procedure you should:

- Empty DOSE 2 (**pouches A & B**) into the mixing container with 16 oz. of water , mix well to dissolve
 - Drink this solution over 30 minutes
- Chew the 4 Simethicone tablets provided after you finish the prep solution
- 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 medications 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*
- *Take your prescribed blood pressure, heart and / or seizure medications as usual - unless advised otherwise by your primary care doctor (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*