

Colonoscopy Prep for PLENVU

Please purchase your Miralax and bowel prep supplies in advance so you are ready to begin preparation four days before your procedure.

***** DO NOT FOLLOW THE INSTRUCTIONS ON THE CONTAINER, FOLLOW EACH STEP BELOW*****

Please check with your pharmacy to confirm your prescription is still on file before calling Digestive Health Partners, some pharmacies return prescriptions to stock if not picked up in a certain time.

FOUR DAYS BEFORE PROCEDURE:

- ☐ Discontinue eating any foods with seeds, nuts, fruit, corn, vegetables with skin and popcorn. Also avoid multivitamins as well as iron, fiber, herbal and homeopathic supplements (unless advised by a physician).

THREE DAYS BEFORE PROCEDURE:

- ☐  In addition to the prep solution, your physician has recommended that you take **Miralax** (generic name: **Polyethylene Glycol 3350 POWDER**). You will need to purchase Miralax 119-gram bottle and take 17 grams (one PURPLE capful) in 8 oz of water once a day, beginning 3 days prior to procedure. Take twice a day if you struggle with constipation.

ONE DAY BEFORE PROCEDURE:

- ☐ Clear liquids such as broth or bouillon, Jell-O, popsicles and Gatorade, tea, black coffee, soft drinks and water are allowed. NO red, blue, or purple liquids. **NO SOLID FOOD OR MILK PRODUCTS. CLEAR LIQUIDS ONLY.**



AT 5:00 P.M.



- 1. Pour the Dose 1 packet into the mixing container.**
- 2. Mix with at least 16 ounces of water and stir until dissolved.**
- 3. Drink solution within 30 minutes.**
- 4. Refill the container with at least 16 ounces of clear liquid, preferably water, and drink within 30 minutes.**
- 5. Continue to drink clear liquids throughout the evening.**

If you experience significant nausea, stop drinking 1-2 hours to allow your stomach to empty. Then try resuming. Bowel movements usually start within 1-2 hours after you begin drinking and can continue 1-2 hours after you finish. Some patients may have a delayed response up to 5 hours.

DAY OF PROCEDURE:

Not following day of procedure instructions may cause your procedure to be cancelled due to safety concerns with anesthesia. Clear liquids only. NO SOLID FOOD

☐ **6 HOURS BEFORE PROCEDURE:**

- 6 hours before your procedure, **discontinue all forms of tobacco products INCLUDING ORAL CHEWING TOBACCO.**

☐ **5 HOURS BEFORE PROCEDURE:**

- Repeat steps 1 - 4 above using the Dose 2 packet. You must finish drinking at least 3 hours prior to your procedure time.

☐ **3 HOURS BEFORE PROCEDURE:**

- Nothing by mouth at this time.
- To help keep you safe during anesthesia, please do not eat, drink or chew anything after this time. If you have anything by mouth, your procedure may need to be canceled. This includes clear liquids, gum, chewing tobacco, and hard candy.

Getting Ready: What You Need to Know

TRANSPORTATION

If you are having sedation, you must have a driver who will stay at the endoscopy center during your procedure and drive you home. No driver, no procedure.

A taxicab is allowed only if a responsible adult accompanies you and will go home with you.

MEDICATION INSTRUCTIONS

Continue using inhalers, taking heart and blood pressure, seizure, anti-anxiety and respiratory medications.

- Take these at least **3 hours before** your procedure with a small sip of water.
- If you have a rescue inhaler, please bring it with you on the day of the procedure.
- DO NOT take blood thinners or diabetic medications unless instructed.

BLOOD THINNERS:

Blood thinners include prescription medications, injections, and some supplements. If you take any medication to prevent blood clots or thin your blood, please notify our office. Do not stop these medications unless instructed by your provider.

We will coordinate with your prescribing provider and let you know when (and if) you need to stop any medication. Please do not stop medications on your own. If you haven't heard from us, give our office a call—we want to be sure everything is on track so your procedure isn't delayed.

If you take blood thinners, please ask your prescribing provider whether you may continue **low-dose aspirin** while other medications are on hold.

Warfarin (Coumadin, Jantoven)	Edoxaban (Savaysa)
Rivaroxaban (Xarelto)	Clopidogrel (Plavix)
Apixaban (Eliquis)	Ticagrelor (Brilinta)
Dabigatran (Pradaxa)	Prasugrel (Effient)

DIABETIC PATIENTS:

Please check with your prescribing Physician or Endocrinologist on how to adjust your insulin.

Do not take your diabetes medications the evening before and day of your procedure – but bring them with you.

Please check your blood sugar regularly during bowel prep and morning of procedure.

Procedures will be cancelled if blood sugar is 400 or above.

If you are concerned about low blood sugar, consider purchasing glucose tablets.

DIET MEDICATIONS:

- Hold 7 days before your procedure (Phentermine, Adipex, Qsymia)
- If on a GLP1 medication, you must follow a clear-liquid diet the day before the procedure. It is not necessary to hold these medications.