

For Scheduling Changes, please call:

818-538-2562

**COLONOSCOPY PREPARATION
Plenvu Prep**

Please read the following instructions carefully at least one week prior to your exam. The most important part of a successful Colonoscopy is the preparation. Adequate cleansing of your colon prior to the examination is crucial for good results. If you need further information about your procedure, please call our procedure facility prior to your exam so we may take care of any concerns well ahead of time.

Medication and Diet Instructions

7 days before procedure

If you are taking any weight loss OR diabetic medications - GLP1(Glucagon-Like Peptide-1):

Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyzin, Ozempic, Wegovy, Rybelsus

- If GLP1 dose is **daily**, **DO NOT** take on day of procedure.
- If GLP1 dose is **weekly**, **DO NOT** if procedure is within **7 days**.
- **Phentermine** should **NOT** be taken for **7 days** prior to the procedure.

5 days before procedure

- Stop eating any food that contains the fat-free substitute OLESTRA; which is usually found in fat-free potato chips or fat free margarine.
- Do not take any supplements containing fish oil
- Do not take Oral Iron
- Purchase your bowel preparation from the drug store. The preparation comes in powder form, and you will need to mix it with water. **Please do not mix the solution until the day you are instructed to drink it.**

2 days before the procedure

- Do not eat any beans, corn, tomatoes, cucumbers, nuts, or foods containing seeds such as poppy, sesame, or sunflower. The fiber from these foods can clog the colonoscope.
- If you tend to be constipated, take an ounce of Milk of Magnesia on this day so that you will not be as constipated when you take the preparation solution tomorrow.

Special Considerations

Please contact our office immediately if you have any of the following medical conditions and have not discussed them with us:

- **You take ANY medication that prevents your blood from clotting, ie. Coumadin (warfarin, Jantoven}, Plavix, Pradaxa, and Effient**
- **History of excessive bleeding during previous surgery or dental extraction**
- **You have an artificial heart valve.**
- **You have diabetes.**
- **You have a history of kidney (dialysis} disease**

Diet Instructions

The day before the procedure:

- Mix the DOSE 1 with lukewarm water (16 ounces) and place the container in the refrigerator.
- Begin a clear liquid diet starting at breakfast and drink only clear liquids all day.
- **Solid foods, coffee, milk, and milk products are not allowed.**
- **Avoid any product (including Jell-O) that is colored red, purple or green, as these will interfere with your test.**

Clear Liquids Include:

- Water
- Clear fruit juices, pulp free, (apple, white grape juice, white cranberry juice)
- Gatorade
- Clear broth or bouillon
- Jell-O, no red, purple, or green. (without added fruit or toppings)
- Lifesavers
- Popsicles, no red, purple, or green
- Tea
- Soft drinks

Take all your normal prescription medications unless advised otherwise.

Do not take any GLP-1 medication for Weight loss or Diabetes.

Avoid Alcohol.

It is very important to drink plenty of water and other clear liquids throughout the day in order to avoid dehydration and to flush the bowel.

PREPARING AND TAKING THE PREP

You must complete the entire prep to ensure the most effective cleansing. The solution may be mixed up to 24 hours ahead of time and refrigerated prior to drinking. The reconstituted solution must be used within 24 hours.

The day before your procedure:

Between 5 pm and 8 pm, the day before your procedure. Drink

DOSE 1 of the prepared solution

Drink the entire contents of mixing container over 30 minutes. Once complete rinse the mixing container and refill with a clear liquid and drink the entire contents.

It is best to drink each glass rapidly rather than sip it. Drinking the solution through a straw may make it easier to drink. It will take approximately 30 minutes to complete the solution. Feelings of bloating, nausea or chilling are common after the first few glasses. This is only temporary and should disappear once bowel movements begin. If you develop vomiting, slow down the rate at which you drink the solution.

Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, stop the preparation and call our office or the physician on call for further instructions. Individual responses to laxatives vary. **This preparation will cause multiple bowel movements, so stay close to the bathroom.** Continue to drink plenty of water and other clear liquids. Store the remaining half gallon in the refrigerator.

The morning of your procedure:

Remember no solid food, clear liquids only!

8 hours before your procedure time (not your check in time), – **repeat the prep steps above for the DOSE 2 POUCH A and DOSE 2 POUCH B:**

- **Mix the remaining DOSE 2 POUCH A and Pouch B with 16 ounces of water as instructed above and consume over 30 minutes. Once complete, rinse the container and refill with a clear liquid and drink the entire contents.**
- Complete this second prep and the additional fluids **within 30 minutes from start time.**
- Follow the general tips outlined above for drinking the prep.
- Drink two additional glasses of water at completion of prep.

4 hours before your procedure time DO NOT DRINK ANY MORE FLUIDS

Nothing more to drink until after your procedure.

ADDITIONAL INFORMATION FOR THE DAY OF THE PROCEDURE

- Eat no solid foods.
- You may have small quantities of clear liquids up to 4 hours prior to your procedure.
- Take your usual morning medications, especially those for blood pressure. If you are diabetic wait until after the procedure to take your usual dose of insulin or oral medication, after you have eaten a meal.

GENERAL INFORMATION

Please comply with the following instructions listed below:

(1) Bring all completed forms from your packet.

(2) Bring in your insurance cards and a photo ID such as a driver's license so that we may assist you in billing for our services.

- **All co-pays and deductibles are due at the time of service. Please be prepared to pay these fees on the day of your procedure.**

(3) Leave all jewelry and personal valuables at home. Be sure to bring any reading glasses and/or hearing aids to your procedure. **Bring your inhalers if you use them**

(4) YOU WILL NEED A RESPONSIBLE DRIVER TO TAKE YOU HOME. Due to the sedation given for your procedure, you will be unable to drive for the remainder of the day. If you choose to take a taxi, you **MUST** be accompanied by a responsible adult.

(5) Contact Information: If you are coming from out of town or staying at a place other than your main residence, please call our office and leave a number where you will be staying in case we need to contact you.

(6) Procedure Preparation for Colonoscopy:

- **Please take the prescription that is attached to your preparation instructions to your pharmacy to be filled.**
- **Do not** follow the instructions that come with your preparation. Please follow only our instructions provided.
- If you have questions regarding your Colonoscopy or your prep, please refer to the FAQ's sheet also included in this folder..
- Please refer to our website at for additional information on screening colonoscopies.

"Allergic reactions to the constituents of the bowel cleansing solution are rare. If you think you are having an adverse reaction, please contact us immediately or go to nearest ER."