

Colonoscopy Bowel Preparation Instructions (PLENVU®)

Note that these instructions are also used if you are having an upper endoscopy and a colonoscopy scheduled for the same day.

PLEASE READ ALL INSTRUCTIONS ON THE DAY YOU RECEIVE THEM

Our goal is to provide excellent quality care during your visit with us and throughout your experience with our office. We have included some very important information pertaining to your procedure and care.

If you must cancel or reschedule your procedure, please call **Westside Gastroenterology at 317-745-7310** as soon as possible.

Please contact Westside Gastroenterology at 317-745-7310 with any questions or concerns.

About Colonoscopy

Bowel preparation (cleansing) is needed to perform an effective colonoscopy. Any stool remaining in the colon can hide lesions and result in the need to repeat the colonoscopy. You should plan to be in the procedure area for 3-4 hours. It is critical that you follow the instructions as directed. Your physician will discuss your procedure results with you and your family members when you are in the recovery room. If any biopsies or tissue removal is performed, you will receive a letter with those results about 2-3 weeks after the procedure. If there are serious findings on the biopsy, your physician will contact you.

Every effort will be made to keep your appointment at the scheduled time, but unexpected delays and emergencies may occur and affect your procedure time. We give each patient the attention needed for his or her procedure and apologize in advance for delays if these occur.

14 DAYS BEFORE PROCEDURE

- If you are taking weight loss medication, contact your prescribing physician for instructions on stopping the medication prior to your procedure.

7 DAYS BEFORE PROCEDURE

- Read all prep instructions.

- Purchase prep medication at the pharmacy
 - PLENVU® bowel prep kit (prescription enclosed)
 - Optional: Plain or aloe Baby wipes (for irritation from frequent bowel movements)
 - Optional: Desitin® or A&D ointment® (for irritation from frequent bowel movements)
- Purchase clear liquid diet items
- **Make arrangements for someone 18 years or older to come with you to the procedure.** Sedation is usually given during your procedure. A responsible adult must be present before, during, and after your procedure. Drop-offs are not allowed. After your procedure, you will not be able to drive, operate machinery, make important decisions, or return to work for the rest of the day. You may resume normal activities the next day unless your doctor directs otherwise. No Taxi or Uber/Lyft drivers.
- **Begin avoiding corn, popcorn, nuts, or foods containing visible seeds.**
- We will advise you on what medications not to take the day before your procedure and the morning of the procedure. Plan to take your other medications as normal.
- Stop any multivitamins, iron supplements, and herbal supplements.

2-7 DAYS BEFORE PROCEDURE

- **STOP anticoagulants/blood thinners** exactly as you have been instructed by your prescribing physician. This may include clopidogrel (Plavix®), warfarin (Coumadin®, Jantoven®), dabigatran (Pradaxa®), apixaban (Eliquis®), or other non-aspirin blood thinners. Do not stop these medications on your own. If you are uncertain if you need to stop a medication, please call our office for instructions. If you take low-dose aspirin (81 mg), you may continue taking it.
- If you have diabetes and were not given specific instructions for management of medications, please contact the provider who prescribes your diabetes medication for adjustments prior to your procedure.

2 DAYS BEFORE PROCEDURE

- Stop anti-inflammatory medications ibuprofen (Motrin®, Advil®), naproxen (Aleve®).
- Celebrex® and acetaminophen (Tylenol®) are ok to use.

PLENVU® BOWEL PREPARATION

Your efforts at cleansing your colon are essential for an accurate and safe procedure. The instructions provided below are designed to maximize the

ease, safety, and success of your preparation. **If you believe your prep has not been effective, please inform the office at 317-745-7310 prior to the procedure.**

1 DAY BEFORE PROCEDURE

- No solid food.
- Drink plenty of fluids throughout the day to avoid dehydration including water, clear fruit juices, white grape juice, apple juice, Kool-Aid®, POWERADE®, clear soup broth or bouillon, popsicles, coffee (no cream), tea, hard candy/jelly beans, soda pop (7-Up®, Sprite®, regular or diet Pepsi® and Coke®, ginger ale, orange soda), Jell-O® (without fruit or other additions).
- **NO ALCOHOL**
- **NO RED/PURPLE colored drinks, popsicles, or Jell-O®.**

Any time after 6:00 p.m. (recommend starting prior to 9:00 p.m.)

The prep may be mixed up to 6 hours prior to your prep start time if refrigerated.

- **STEP ONE:**
 - Use the included mixing container to mix the contents of the Dose 1 Pouch with 16 ounces of water (fill line equals 16 ounces); stir/shake until completely dissolved. Slowly drink the entire contents within the next 30 minutes.
- **STEP TWO:**
 - Refill the mixing container with 16 ounces of clear liquid and slowly drink within the next 30 minutes.

Make a conscious effort to drink as many clear liquids as you can before, during, and after the preparation. You may have clear caffeinated beverages; however please do not make these a majority of your liquids.

DAY OF PROCEDURE

Nothing to eat or drink, other than as instructed below.

- **STEP 1:**
 - BEGIN 3-4 HOURS PRIOR TO LEAVING YOUR HOME
 - Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with 16 ounces of water; stir/shake until completely dissolved. Slowly drink the entire contents within the next 30 minutes.

- **STEP 2:**
 - Refill the mixing container with 16 ounces of clear liquid and drink within the next 30 minutes.
 - **You may continue drinking water up until 2 hours prior to leaving your house.**
 - You can take your morning medications with sips of water but do not take ace inhibitor blood pressure medication (e.g. lisinopril, enalapril, benazepril).
 - Wear loose-fitting clothes, NO jewelry, makeup, or hair products.

The goal of the bowel prep is to have colorless (or close to colorless) liquid stool by the time the colonoscopy procedure will occur. It is normal to have yellow or green diarrhea, regardless of the color of the clear liquid diet drinks.

Note: If you think the prep is not working call the office at 317-745-7310, or if after hours call the hospital operator at 317-745-4451 and ask for the GI doctor on call.

What to expect after the procedure

- Check your discharge paperwork for instructions regarding new medications or changes to your prior medications and other directions.
- You may also experience some cramping or bloating because of the air introduced into the colon during the procedure. This should disappear quickly when you pass gas. You may consider taking Gas-X[®] pills (over the counter) at home to help with this. Call our office with any severe or worsening abdominal pain.
- You were given sedation during the procedure. A responsible adult must drive you home. No driving is allowed for the rest of the day. No exceptions.
- We recommend having a responsible adult stay with you through the rest of the day after the procedure.
- Rest at home with activity as tolerated. Avoid dangerous activities.
- Even if you feel alert after the procedure your judgment and coordination may be impaired for the rest of the day. No alcohol, as this can interact with sedation you received.
- After your procedure, progress as tolerated to your usual diet. You may want to start with a bland diet such as bread, rice, pudding, applesauce, mashed potatoes, cold cereal, or ice cream.
- The day following your procedure you may resume all normal activities and diet.

Here are some educational resources that you may find helpful:

<https://www.youtube.com/watch?v=eA1PIMa1ULg>

<https://gastro.org/practice-guidance/gi-patient-center/topic/colonoscopy/>

American College of Gastroenterology <https://gi.org/>

American Society of Gastrointestinal Endoscopy <https://www.asge.org/>

American Gastroenterological Association <https://gastro.org/>