


COLONOSCOPY INSTRUCTIONS FOR PLENVU/CLEAR LIQUID

If you have a history of constipation (move your bowels 2-3 times weekly) you may need additional bowel prep to help clear your colon. Please contact the intake nurse to discuss prep options. Be prepared once you start drinking the prep, it may take effect at any time.

STEP 1 7 DAYS PRIOR TO PROCEDURE

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- STOP TAKING IRON SUPPLEMENTS, VITAMINS CONTAINING IRON AND OLESTRA/OLEAN (I.E. WOW CHIPS) CHECK FOOD LABELS.
 - AVOID FOODS THAT HAVE SEEDS, NUTS, LETTUCE, CABBAGE, CORN, BEANS
 - STOP FIBER SUPPLEMENTS
 - PICK UP THE PREP AT THE PHARMACY. **DO NOT FOLLOW THE INSTRUCTIONS FROM THE PHARMACY.** Do not open Plenvu packets yet.
 - If taking Plavix, Effient, Aggrenox, Coumadin, Eliquis, Pradaxa or any blood thinning medication, please inform our nurse at the time of their call. This medication will need to be held prior to the procedure and an order obtained from the prescribing physician.
 - If diabetic, please contact your primary care doctor regarding instructions for diabetic medication while on the clear liquid diet

STEP 2 3 DAYS BEFORE PROCEDURE

- Take 1 dose of Miralax (generic glycolax) which is over the counter- every AM until you start your prep (follow instruction on bottle)

STEP 3 1 DAY BEFORE PROCEDURE ALL DAY

- Stay on clear liquid diet the entire day (no solid food on this day)
- Drink 8 ounces of clear liquid every hour beginning at 6 am. This is not the prep solution.
- DO NOT consume any products containing red dye. No pulp.
- Liquids allowed: regular or decaf tea or coffee (**NO DAIRY PRODUCTS OR DAIRY SUBSTITUTES**). Any carbonated beverages. Kool aid, Gatorades, and sports drinks, 100% fruit juices, Jell-O, (do not add fruit, vegetables or dairy products) , popsicles, (plain, not creamy or fruity), sugar, honey, fat free broth or bouillon. If you are diabetic, you may drink Ensure Clear only. No other types of Ensure are allowed.

STEP 4 1 DAY BEFORE PROCEDURE

- Drink Mango packet (dose 1) with at least 16 ounces of water by shaking or using a spoon until it is completely dissolved. (This may take up to 2-3 minutes) Finish the dose within 30 minutes. Refill the container with at least 16 ounces of clear liquid, finish within 30 minutes.
- If you have trouble drinking the solution, please slow down, we don't want you to throw up prep. It is very important that all solution is drunk and retained.
- Prep may cause chills after drinking it.

STEP 5 DAY OF PROCEDURE

- 6 hours before your colonoscopy is scheduled, drink fruit punch (pouch A and B) with at least 16 ounces of water as described above. Follow with 16 ounces of clear liquid. It is very important to drink the second dose on the day of your procedure as it cleans out your colon better and will help us to identify polyps.
- Please make sure you are looking at every stool. Stool should appear watery, clear to yellow in color with no sediment.
- **4 HOURS BEFORE PROCEDURE DO NOT DRINK ANY FURTHER LIQUIDS.**
- 2 hours before procedure, take heart or blood pressure medication with a small sip of water
- Please do not apply lotions, perfume or cologne the morning of your procedure.
- Females may be required to do a urine pregnancy test prior to the procedure. Please inquire about test at the desk, upon arrival, or before using the restroom.

TIPS FOR IMPROVED BOWEL PREP

- Drink the whole dose of prep quickly rather than sipping small amounts
- Try drinking the bowel prep solution through a straw
- Rinse mouth with water, clear soda, or mouthwash after drinking
- Apply diaper rash cream/zinc oxide liberally after each trip to the bathroom