

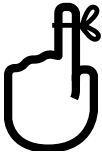
COLONOSCOPY INSTRUCTIONS FOR 2 DAY PLENVU/CLEAR LIQUID

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

1

- Stop taking Phentermine (Adipex), 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

2

- 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 2 DAY BEFORE PROCEDURE ALL DAY

3

- 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 2 DAY BEFORE PROCEDURE STARTING AT 6 PM

4

- 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 1 DAY BEFORE PROCEDURE NOON

5

- 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 6 1 DAY BEFORE PROCEDURE STARTING AT 6 PM

6

- 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 7 DAY OF PROCEDURE

7

- 5 hours before your procedure drink the 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.
 - please make sure you are looking at every stool. Stool should appear watery, clear to yellow in color with no sediment.
- 4 HOURS BEFORE YOUR PROCEDURE, DO NOT DRINK ANY FURTHER FLUIDS.**
- 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:

- Bowel prep solutions taste best well-chilled.
 - You may add Crystal Light or tea bag to mask the taste.
 - If lukewarm liquids are preferred, remove the dose from refrigerator for 15-30 minutes before drinking.
 - Drink the whole dose 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
 - Suck on hard candy or lollipops (No red or purple)
- TO AVOID A SORE BOTTOM FROM FREQUENT BOWEL MOVEMENTS:**
- Apply diaper rash cream/zinc oxide LIBERALLY after each trip to the bathroom
 - Avoid rubbing; gently pat area with wet washcloth or pre-moistened wipe or rinse with water
 - Wipe with refrigerated Tucks or Fleet relief pads (available over the counter)
 - Have reading material handy in the bathroom, MP3 player, iPod, etc.