

COLONOSCOPY WITH PLENVU SPLIT DOSING

THE PREPARATION

Three days before the examination:

Avoid fruits and vegetables with seeds and high fiber content for three days prior to the examination. Examples include cucumbers, tomatoes, raspberries, strawberries, popcorn, nuts, and corn. These types of foods will leave seeds and residue that will clog the suction apparatus of the endoscope and interfere with the examination.

Discontinue iron tables for 3 days before the procedure.

Obtain Plenvu preparation from the pharmacy.

VERY IMPORTANT: Please follow the instructions from our office, not the instructions on the box of Plenvu.

One day before your colonoscopy:

1). **TAKE ONLY A CLEAR LIQUID DIET ALL DAY, INCLUDING BREAKFAST.** Common examples include tea and coffee (no cream), broth, popsicles, JELL-O, apple juice, white grape juice, soda, and Gatorade. No dairy products, red or purple liquids.

The Plenvu container is 16 ounces at the fill line. You must drink within 30 minutes of filling the container with the larger packet (Dose 1).

2). Begin drinking the first 16 oz. of Plenvu **at 5:00 PM.** Drink an additional 16 oz. of the clear liquid of your choice. You may start going to the bathroom after only a couple of glasses, but be sure to **drink ALL of the solution.**

Continue drinking clear liquids until bedtime (no Jell-o after drinking the Plenvu).

3). **Six hours prior** to the procedure begin to drink the second 16 oz. of Plenvu over the course of 30 minutes. Use both Pouch A and Pouch B (Dose 2).

Be sure to **drink ALL of the solution.**

Be sure to drink an additional 16 oz. of 7-up, water or another **colorless** liquid.

Nothing by mouth 4 hours prior to procedure, including water, gum, candy, and cough drops.

You can suck on a wedge of lemon or lime or hard candy in between drinking glasses of the cleansing solution. If at any time you feel too full, like the solution is just sitting in your stomach, take a 20 minute break from drinking and walk around, this will help the solution to begin to move through the intestine. **The cleansing solution will cause you to have multiple bowel movements until a clear watery or yellow bowel movement is passed. If you are still passing brown residue after drinking all the Plenvu, drink one bottle of magnesium citrate (over the counter laxative). Drink it quickly and follow it with a glass of water. Make sure you finish at least 4 hours before the procedure.** If you develop severe abdominal cramping or persistent vomiting, call 630-325-4255.

MEDICATION RESTRICTIONS

If you are taking blood thinning medications such as Coumadin, Plavix, Xarelto, Eliquis, Aggrenox, or Trental, our office will give you individual instructions. Please confirm this with your prescribing physician.

If you take an oral hypoglycemic (sugar pill) do not take it the day before your procedure or the day of your procedure until after your exam. If you are taking insulin, take ½ of your normal daytime insulin dosages and hold the evening dose the day before and do not take any the morning of the procedure. Please confirm this with your prescribing physician. If you take Victoza, please get dosing instructions from your prescribing physician.

Continue to take your other prescribed medications, such as blood pressure pills, heart pills, etc..as usual. **Take at least 4 hours before the procedure with a small sip of water.** Vitamins and supplements may be taken after the procedure.

THE EXAMINATION

Colonoscopy is an examination of the inside of the colon or large intestine. The examination is accomplished by sedation of the patient and introduction of a flexible instrument containing a video camera through the anus. As the instrument is advanced through the colon to the junction of the small and large intestines, photographs and biopsies of the colon may be taken in the internal lining of the colon; it is essential that the colon be thoroughly cleansed prior to the examination, so that early abnormalities can be clearly seen.

The examination will be done by your doctor and a trained gastrointestinal nurse. You will be positioned on your left side and given intravenous sedation until you are asleep. Monitoring equipment will check your pulse and the oxygen content of the blood. The examination is generally completed within 20-30 minutes and will vary with the specifics of the procedure for each patient.

RISKS

Whenever instruments are used internally, there is a risk of perforation of the colon. There is also a risk of bleeding, especially when colon polyps are removed. Fortunately, these complications are exceedingly uncommon. If abdominal pain or intestinal bleeding is noted after the procedure, notify your doctor immediately,

FOLLOWING THE PROCEDURE

The recovery period after the examination generally requires about 15-45 minutes of observation in the Gastroenterology Laboratory. The sedatives may have a prolonged effect that lasts 12-24 hours. **YOU MAY NOT DRIVE HOME OR TAKE A CAB, UBER/LYFT. A RELATIVE/FRIEND NEEDS TO DRIVE YOU HOME.** You may have a light lunch after discharge and should plan to spend the remainder of the day quietly at home. Call (630) 325-4255 if abdominal cramping, pain, fever, or rectal bleeding occurs.

CHARGES

You will receive one charge from the physician performing your examination at Digestive Disease Associates. If you have biopsies, you will receive a bill from the facility that prepares the specimen and from the pathologist. There may also be a charge from Mobile Anesthesia for the use of Propofol (if the procedure is performed at our office). Our office will work with you to send the appropriate bills to your insurance agencies.

It is your responsibility to be sure that your health coverage will pay for the procedure. If you do not provide our office with your insurance information at least one week prior to your procedure, you are responsible for obtaining necessary authorizations, precertifications and referral numbers prior to the examination.

You may be billed for charges that are disallowed by your insurance company.