

# Morning Colonoscopy--PLENVU or SUPREP

Dr. Anderson Rowe/Julia DeRenzi, PA-C.

Scheduler: Deanna

Office Phone (925) 901-1303

Date of Procedure: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ Time of Procedure: \_\_\_\_\_ Est. Pickup Time \_\_\_\_\_

Location:

Tresanti Surgery Center:

5201 Norris Canyon Road #100

San Ramon, CA 94583. (925) 973-0605

San Ramon Regional Med Center:

6001 N. Canyon Rd. San Ramon, CA 94583

(925) 275-8261

The important part of a successful colonoscopy is to have a clean colon. If the colon is not clean, cancer, polyps, flat lesions, or other abnormalities may be missed. A clean colon is safer to conduct colonoscopy.

- You will need to arrange a driver/ride home from the colonoscopy procedure since you will be under anesthesia. You will be at the surgery center for approximately 1 hour and 30 minutes from start to finish for your colonoscopy procedure. BART, taxi, limousines, and public transportation are not allowed.
- Please pick up the bowel preparation prescription as soon as possible so you have it on hand. The prescription was sent to your pharmacy. If the prescription is not covered by your insurance/expensive, please contact the office for a coupon or free sample, if we have samples available.

**1 Week Before Colonoscopy Procedure:** NO BLOOD THINNERS; NO ASPIRIN, Ibuprofen, Aleve, Excedrin

It is OK to take Tylenol

- Coumadin – stop 5 days prior
- Plavix – stop 5 days prior
- Lovenox – do not take within 12 hours
- Xarelto/Eliquis/Pradaxa – 2 days prior

**The day before Colonoscopy:** Have a light breakfast of white toast, one small banana, one yogurt without fruit, one boiled egg (choose 3 things to eat). Eat this by 8 am.

For snacks, lunch, and dinner, have clear liquids\*.

**\*Examples of clear liquids:** Apple juice, Chicken or vegetable broth, Black coffee/tea WITHOUT creamer, Soda (7-Up, Sprite, Ginger Ale), Sports drinks (white, green, or yellow color), Water, Jello without fruit chunks (only white, green, or yellow color), popsicles (no red or purple colors)

**At 6 pm the day before the colonoscopy:**

**PLENVU:** Drink first dose PLENVU prep and at least one 16oz dose clear liquid\*/water.

- Use the PLENVU container to mix the contents of Dose 1 pouch with at least 16 oz. of cold water by shaking until completely dissolved.
- Drink the prep within 30 minutes. Some people find drinking through the straw more tolerable.
- During this time, drink at least 16 oz. of clear liquid/water. It is encouraged to drink MORE water, if tolerated

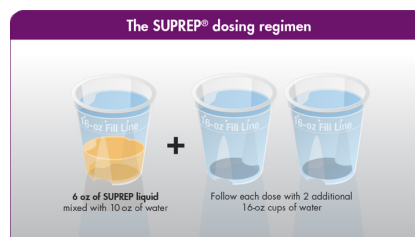
You will have bowel movements. Stay near the bathroom



**SUPREP**

- Pour ONE 6 ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix.
- Drink ALL the liquid in the container. Some people find drinking through the straw more tolerable.
- Refill the container with at least 16 oz. of clear liquid/water. Drink 2 more 16 ounce containers of clear liquid/water over the next hour.

You will have bowel movements. Stay near the bathroom

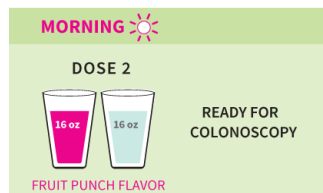


**Day of the Colonoscopy Procedure:** DO NOT EAT ANYTHING SOLID. Follow the prep instructions below. HYDRATE! Consume plenty of clear liquids\* up until THREE HOURS prior to the procedure (see list of clear liquids above).

**Three and a Half hours prior to procedure:**

**PLENVU:** Drink second dose PLENVU prep and at least one 16oz dose clear liquid\*/water.

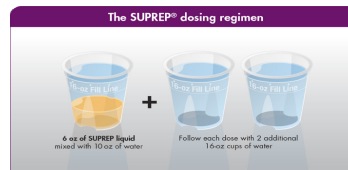
- Use the PLENVU container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 oz. of cold water by shaking or mixing with a spoon until completely dissolved. This may take 2 or 3 minutes.
  - Drink the prep within 30 minutes. Some people find drinking through the straw more tolerable.
  - During this time, drink at least 16 oz. of clear liquid or water.
  - It is encouraged to drink MORE water. if tolerated
- You will have bowel movements. Stay near the bathroom



**SUPREP:** Drink second dose SUPREP prep, and at least two doses clear liquid/water

- Pour ONE 6 ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix.
- Drink ALL the liquid in the container. Some people find drinking through the straw more tolerable.
- Refill the container with at least 16 oz. of clear liquid/water. Drink **2** more 16 ounce containers of clear liquid/water over the next hour.

You will have bowel movements. Stay near the bathroom



NOTHING BY MOUTH **THREE HOURS BEFORE** YOUR PROCEDURE, NOT EVEN WATER!!!

On the day of your colonoscopy:

- Wear loose comfortable clothing, Leave jewelry at home
- Bring photo ID and insurance card
- Bring a complete list of medications and allergies

**After Colonoscopy Procedure:** Rest. No driving for the rest of the day or making major decisions.

Tips:

1. Drink plenty of clear liquids during and after the bowel preparation. Failure to consume the recommended water puts your health at risk.
2. Feelings of nausea and bloating are common.
3. In the end, your stool should be clear. The “clear” bowel movement means that there is no residue in your stool completely. A small number of patients, particularly those with constipation, prior history of poor bowel prep, may require additional prep. If you need additional preparation, call our office as soon as possible.
4. We need to make you aware, that even though you are scheduled for a screening colonoscopy which is covered under your health insurance as preventative, if the doctor finds polyps, flat lesions, or another problem during the procedure, your procedure goes from a screening colonoscopy to a diagnostic colonoscopy. We would advise that you contact your insurance company as you may possibly be financially responsible for costs.
5. **The risks** of endoscopic procedures are minimal. Bleeding, perforation of the gastrointestinal tract and medication reaction can occur with a colonoscopy. Infection can occur with a colonoscopy as well. Perforation is the most serious potential complication and occurs in 1/5000 colonoscopies. If perforation were to occur, one could expect prolonged hospitalization with the probable need for surgery.

We require 5 business day notifications for cancellations and reschedules, or we charge a \$100 fee per procedure. We will make every effort to schedule you at a time that is convenient for you, Please note that we will accommodate two reschedules. Additional changes will not be scheduled.

If you have any problems drinking your colon preparation solution or have any questions, please call our office even if the office is closed at (925) 901-1303.