

## AFTERNOON Colonoscopy Preparation Instructions (PLENVU).

Dr. Anderson Rowe/Julia DeRenzi, PA-C

Office phone (925) 901-1303

Office Scheduler: Deanna

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

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 9458  
(925) 275-8261

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

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.

- Arrange Ride Home: You will not be able to drive yourself because of sedation. BART, taxi, limousines, and public transportation are not allowed.
- Purchase bowel preparation within 5 DAYS of scheduling your procedure--If your pharmacy has not received the prescription, or if they do not call you to inform you that it is ready, please call our office.

**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:** Low fiber diet.

**BREAKFAST & LUNCH.** Examples include white toast, banana, plain yogurt without fruit, egg, plain bagel, rice, potato without skin, pasta, chicken, fish

**DINNER:** ONLY plain yogurt, jello without fruit chunks and clear liquids\*

No Solids after 8pm. Clear liquids\* only.

**\*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)

**Day of the Colonoscopy Procedure:** DO NOT EAT ANYTHING SOLID. Follow the prep instructions below. HYDRATE! Consume plenty of clear liquids up until 10 am! ([see list of clear liquids on opposite page](#))



Note: actual solution is clear.

**6 am:** 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 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

**8 am:** Repeat steps above for Dose 2 (Pouch A and Pouch B) and at least one 16oz of clear liquid\*/water. Again, it is encourage to drink MORE water, if tolerated

- You can take your usual medications unless instructed otherwise by your physician with sips of water

You may consume clear liquids up to 10 am. **Nothing by mouth after 10 am. NOT EVEN WATER!**

- 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. Some people find drinking through the straw more tolerable.
2. Drink plenty of clear liquids during and after the bowel preparation. Failure to consume the recommended water/clear liquids puts your health at risk.
3. Feelings of nausea and bloating are common.
4. 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.
5. 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.
6. **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.