

Afternoon Colonoscopy Instructions - PLENVU

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.

When	Action	Examples
<p><u>1 Week Before Colonoscopy Procedure</u></p> <p>NO BLOOD THINNERS; NO ASPIRIN, Ibuprofen, Aleve, Excedrin</p> <p>It is OK to take Tylenol</p>	<ul style="list-style-type: none"> • Confirm with your doctor if you need to stop any of your blood thinners 	<ul style="list-style-type: none"> • Coumadin – stop 5 days prior • Plavix – stop 5 days prior • Lovenox – do not take within 12 hours • Xarelto/Eliquis/Pradaxa – 2 days prior
<p><u>Day Before</u></p>	<ul style="list-style-type: none"> • Light Breakfast • NO fruits/veggies 	<ul style="list-style-type: none"> • 2 eggs (fried, over easy, scrambled, or boiled) with 2 slices of white bread OR • Plain bagel with butter or cream cheese OR • 1 cup yogurt without fruits, 1 banana
<p><u>Day Before</u></p>	<ul style="list-style-type: none"> • Light Lunch • NO fruits/veggies 	<ul style="list-style-type: none"> • Rice, potato without skin, pasta, chicken, fish, egg, cheese, banana
<p><u>Day Before</u></p>	<ul style="list-style-type: none"> • Dinner - ONLY plain yogurt or jello without fruit chunks. Keep dinner light! <p>No solids after 8pm. Clear liquids only. <u>NO red, orange, blue, or purple liquids.</u> ONLY yellow, green, or white/clear!</p>	<p>Examples of clear liquids:</p> <ul style="list-style-type: none"> • 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 YELLOW OR GREEN COLORS!

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

6am: Drink first dose PLENVU prep, 1 dose 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 spoon until completely dissolved. This may take 2 or 3 minutes.
- Drink the prep within 30 minutes.
- Refill the container with at least 16 oz. of clear liquid/water. Finish the clear liquid within 30 minutes

8am: Drink second dose PLENVU prep, second dose water

- Use the mixing 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 spoon until completely dissolved. This may take 2 or 3 minutes.
- Drink the prep within 30 minutes
- Refill the container with at least 16 oz. of clear liquid/water. Finish the clear liquid within 30 minutes
- You can take your usual medications unless instructed otherwise by your physician with sips of water

You may consume clear liquids up to 9am. **Nothing by mouth after 10am. 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 for the Plenvu puts your health at risk.
3. Feelings of nausea and bloating are common.
4. At the end, your stool should be clear. The "clear" bowel movement means that there is no residue in your stool completely. Small number of patients, particularly those with constipation, prior history of difficult to clean your bowel, 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. **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 notification 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 charges 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.