



inSite Digestive Healthcare COLONOSCOPY PREPARATION SHEET: Plenvu

Facility: Check with your gastro office if you're not CERTAIN WRITE IT DOWN

Procedure Date: _____ Check In Time: _____

5 Days Prior	4 Days Prior	3 Days Prior	2 Days Prior	One Day Prior	Colonoscopy Day
<input type="checkbox"/> Arrange for a ride to and from Facility <input type="checkbox"/> Go to pharmacy & purchase Plenvu by prescription, use coupon if available <input type="checkbox"/> For sore bottom: --plain or aloe baby wipes --Desitin or A&D ointment <input type="checkbox"/> Stop taking Coumadin or Plavix. Follow the instructions of your physician if alternative blood thinners are needed. Do not proceed without talking to your Gastro doctor if taking Brilinta or Effient	<input type="checkbox"/> Last chance to cancel the procedure without a cancellation fee <input type="checkbox"/> For Co-payment questions call your Gastro doctor's office <input type="checkbox"/> Stop supplements, vitamins, probiotics, iron <div style="border: 2px solid red; padding: 5px; text-align: center; margin-top: 10px;"> No Coumadin or Plavix for 5 days </div>	<input type="checkbox"/> Review diet instructions for the coming 3 days. Plan meals and shop to comply with instructions <input type="checkbox"/> Confirm your ride to and from facility <input type="checkbox"/> Stop any fiber supplements <input type="checkbox"/> Eat well balanced meals BUT AVOID: - Raw fruits - Raw vegetables - Nuts or popcorn - Foods with small seeds such as tomato, sesame or melon seeds	<input type="checkbox"/> Drink AT LEAST 8 glasses of water or clear liquid during the day <input type="checkbox"/> Eat well balanced meals BUT AVOID: - Raw fruits - Raw vegetables - Nuts or popcorn - Foods with small seeds such as tomato, sesame or melon seeds <input type="checkbox"/> No solid food after midnight <input type="checkbox"/> Stop taking Eliquis, Pradaxa, Xarelto, Savasa after the morning dose (48 hours prior to procedure). <input type="checkbox"/> Do NOT stop low dose (81mg) aspirin taken for heart or stroke reasons	<input type="checkbox"/> Drink at least 8 glasses of water and other clear liquids during the day <input type="checkbox"/> Follow a strict clear diet ALL DAY <input type="checkbox"/> 5 or 6 pm: Mix 1st pouch of Plenvu with 16 oz water in the included cup, and follow with 2 more 16 oz portions of clear fluids <input type="checkbox"/> Can have further clear fluids as you wish <input type="checkbox"/> If you have any nausea take a 15-30 minute break then resume drinking clear fluids <input type="checkbox"/> Verify that you have info you'll need to bring with you to facility <input type="checkbox"/> Do not schedule any important activities on the day of procedure <input type="checkbox"/> You may not drive or go home unaccompanied in a taxi or UBER etc after your procedure	<input type="checkbox"/> Beginning 4 or 5 hours before leaving home for your colonoscopy mix 2nd bottle of Plenvu with 16 oz water, followed by at least 2 more 16 oz portions of clear fluids <input type="checkbox"/> After the last dose, do not eat or drink anything for 3 hours <input type="checkbox"/> You may take regular prescriptions with small sips of water (but no blood thinners) <input type="checkbox"/> If you take insulin shots, follow the instructions for lowered dose you were given for procedure day <input type="checkbox"/> Be sure to bring: <ul style="list-style-type: none"> • Insurance card or Medicare card • Identification (CA driver's license, or ID card) • Cash, check or credit card (Visa or Master Card) for co-payment and/or deductible payment. (For co-payments or deductible amount, please contact your facility) <input type="checkbox"/> Allow 2-3 hours at the facility before your driver will pick you up. Staff will call your driver to coordinate <input type="checkbox"/> Normal diet after you are home

Two days prior: Consider stopping all casual (not Dr. recommended) Aspirin or NSAIDS-no ibuprofen, Advil, Aleve, Naprosyn, Excedrin---only Tylenol is okay or meds for migraine



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