

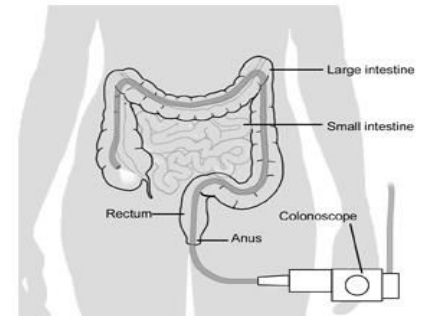
# COLONOSCOPY PREP INSTRUCTIONS (PLENVU)

<input type="checkbox"/>	<b>Greenbelt Endoscopy Center:</b>	9821 Greenbelt Road, Suite 103, Lanham, MD 20706	301-552-1801
<input type="checkbox"/>	<b>Washington Adventist Hospital:</b>	11890 Healing Way, Silver Spring, MD 20904	240-637-4000
<input type="checkbox"/>	<b>Doctors Community Hospital:</b>	8118 Good Luck Road, Lanham, MD 20706	301-552-8118

**DAY:** MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY

**DATE:** \_\_\_\_\_ **ARRIVE AT:** \_\_\_\_\_ AM / PM      **START AT:** \_\_\_\_\_ AM / PM

You are scheduled to have an exam of your colon with a flexible lighted tube instrument called a colonoscope. You will be given medication prior to your examination that will enable the physician to perform the test with as little discomfort as possible. Because of the medications' sedative properties, **we require you make arrangements for an adult over the age of 18 to accompany you TO and FROM.**



Please do not drive for the rest of the day.

**\*MEDICATION INSTRUCTIONS:**

- **5 days before your procedure:** No **COUMADIN, PLAVIX, ANTICOAGULANTS** or **IRON SUPPLEMENTS.**
- **3 days before your procedure:** No **ANTI-INFLAMMATORY MEDS.** [i.e. Advil, Aleve, Ibuprofen, Naproxen]
- **1 day before your procedure:** It is **OKAY** to take **ORAL DIABETIC MEDICATIONS** in the **MORNING**, but Please **DO NOT** take **ORAL DIABETIC MEDICATIONS** in the **EVENING.**  
(Take 1/2 of insulin in the evening for patients who take insulin.)
- Special Instructions: \_\_\_\_\_

**\*THE DAY OF YOUR PROCEDURE:**

- Please **DO NOT** EAT or DRINK ANYTHING, including **WATER.**
- Please **DO NOT** TAKE any ORAL MEDICATIONS, including **ASPIRIN.**
- \* If you normally take **BLOOD PRESSURE** medication(s), please continue as usual, but with a small sip of water.
- \* **DIABETICS**, please do not take any diabetic meds, but monitor your blood sugar & update the nurse at the facility.



**\* IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT, PLEASE LET US KNOW AT LEAST 3 BUSINESS DAYS PRIOR TO YOUR APPOINTMENT. FAILURE TO DO SO WILL RESULT IN A \$100 CANCELLATION FEE.**

**\* IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE 301-715-3744 OPTION # 3.**

## ONE DAY BEFORE YOUR PROCEDURE

**YOU NEED TO BE ON A CLEAR LIQUID DIET ALL DAY LONG (24 HOURS).**

### YOU MAY HAVE:

**WATER, TEA, BLACK COFFEE, SODAS, GATORADE, JUICES, CLEAR HARD CANDIES, CLEAR SOUP BROTH, BOUILLON CUBES, POPSICLES AND JELL-O.**



### YOU MAY NOT HAVE:

#### SOLID FOOD



#### ALCOHOL



#### DAIRY



#### FRUIT



The day before your colonoscopy, the colon needs to be completely emptied by bedtime, with a laxative bowel preparation. When waste is left in the colon, the physician cannot see the colon properly, which could lead to a poor examination and may necessitate a second exam later. Individual responses to laxatives may vary, so please stay close to the restroom.



#### EVENING

##### PLENVU® Dose 1:

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Day of Week: M T W Th F S Su

Time: \_\_\_\_\_ PM

#### MORNING

##### PLENVU® Dose 2:

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Day of Week: M T W Th F S Su

Time: \_\_\_\_\_ AM



### TAKE DOSE 1

1. Use the mixing container to mix the contents of the Dose 1 pouch with 16 ounces of water until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time – slowly finish the dose within 30 minutes.
2. Refill the container with 16 ounces of water. Again, take your time and finish within 30 minutes.

### TAKE DOSE 2

1. Use the mixing container to mix the contents of Dose 2 (Pouch A and B) with 16 ounces of water until completely dissolved. This may take up to 2 to 3 minutes. Take your time – slowly finish the dose within 30 minutes.
2. Refill the container with 16 ounces of water. Again, take your time and finish within 30 minutes.