



COVID-19 NOTICE

If you have a fever, unexplained cough or respiratory symptoms or have been exposed to someone with symptoms or confirmed COVID-19 infection in the last 21 days, CALL and reschedule your colonoscopy procedure. Don't do the prep and risk be turned away.

PLENVU COLONOSCOPY Split “PREP”

Modern colonoscopy is a diagnostic procedure to examine the colon, or large intestine. Over the past 40 years, it has become the gold standard in screening for colon polyps and prevention of colorectal cancer. With modern methods of sedation and newer thin flexible instruments, most exams are quick, painless, and very safe. For an accurate and safe colonoscopy, however, your colon must be purged of all waste material using a restricted diet and laxative preparation, or "prep." Colonoscopy is an important exam. Read this carefully and take the time to prepare correctly. *REMEMBER: An accurate exam requires an excellent prep. PLENVU has been shown to be a very effective prep which makes the exam more accurate.*

Most patients report that the worst part of the procedure is not the colonoscopy, but the necessary preparation the day before. Preparing for a colonoscopy is never pleasant, but fortunately, new low volume “preps” have been developed to make this process as simple as possible. You must follow all instructions carefully so that the test does not need to be rescheduled. If you have any questions, please call our office at (412) 262-1000 option #2.

To prepare for your exam, you will need a prescription to purchase:

- ☞ One PLENVU Bowel Prep Kit

All bowel preps may cause some anal irritation. We also recommend that you purchase:

- ☞ A soft brand of toilet tissue.
- ☞ A box of baby wipes such as Huggies or Pampers Aloe wipes
- ☞ One small tube of diaper rash ointment or Zinc Oxide cream
- ☞ A small bottle of Milk of Magnesia (if you suffer from constipation)

This new PLENVU has been shown to be safe and effective. It is split into two halves:

1. The first half is taken the night before your exam.
2. The second half must be taken on the morning of your exam, **STARTING 5 HOURS BEFORE YOUR APPOINTMENT and completed within 1 hour, AND YOU MUST HAVE NOTHING BY MOUTH THOSE LAST FOUR HOURS BEFORE YOUR EXAM – NO FOOD, LIQUIDS INCLUDING WATER, TOBACCO, CANDY, OR EVEN CHEWING GUM.**

THREE (3) DAYS BEFORE YOUR COLONOSCOPY

Make arrangements for a companion to accompany you to your appointment and drive you home. If possible, this person should be someone with whom we can share the results of the examination.

It is best to eat lightly for a few days before your exam. It makes the cleanout easier and more effective. *What goes in – has to come out.* Try to avoid overeating to compensate for the upcoming fast. Please avoid Metamucil, vitamins containing iron, raw vegetables, corn, sesame seeds and foods with skin or small seeds such as tomatoes, kiwi, and cucumbers for a few days before your exam. Discontinue any fiber supplements. (Metamucil, Benefiber, Citrucel, etc.)

TWO (2) DAYS BEFORE YOUR COLONOSCOPY

Regular activity and diet, but don't overeat. Also, don't go into the prep constipated. If you feel that is the case, I would suggest that you take an over-the-counter laxative (such as 4 TBSP of Milk of Magnesia) and 4 glasses of water after dinner TWO nights before your exam to “prime the pump.”



ONE (1) DAY BEFORE YOUR COLONOSCOPY (“Prep Day”)

Follow these instructions the day prior to your procedure:

7 AM. You may have a light breakfast such as one egg and one piece of white toast, and then a *clear liquid diet* should be followed until your exam is completed. (See below.)

4-8 PM. Empty the Mango flavored DOSE 1 packet into mixing container. Fill to line (16 oz). Stir or shake well to dissolve powder. Drink ALL of this over 30 minutes. *For a safe prep and complete exam, you MUST drink another 32 oz of clear fluid over the next hour.* You may drink more fluid if you wish. This may be water, ice tea, lemonade, white grape juice, Crystal Light, Gatorade, etc. Do NOT drink any milk products. Avoid red, blue, or purple liquids or popsicles as they may interfere with the exam.

DAY OF COLONOSCOPY (“Test Day”)

Do NOT eat breakfast.

5 Hours before your appointment. Empty both Fruit Punch flavored DOSE 2 packet A and B into mixing container. Fill to line (16 oz). Stir or shake well to dissolve powder. Drink ALL of this over 30 minutes. – no faster. *For a safe prep and complete exam, you MUST drink another 16 oz of clear fluid over the next hour.* [HINT: If this is early in the morning, wake up first, have a cup of tea to settle your stomach before you drink this sweet solution.]

To prevent aspiration of stomach contents into your lungs while under the anesthetic, **YOU MUST HAVE NOTHING BY MOUTH THOSE LAST FOUR HOURS BEFORE YOUR**

EXAM – NO FOOD, LIQUIDS *INCLUDING WATER*, TOBACCO, CANDY, OR EVEN CHEWING GUM – OTHERWISE YOUR EXAM MAY BE CANCELLED.

However, you may take any important prescription medications with a **small** sip of water, especially any medications for **HIGH BLOOD PRESSURE**. (Diabetic medications and blood thinners such as Coumadin, warfarin, Pradaxa, Xarelto, Eliquis, etc. require special instructions. Ask your doctor.) If you use any **INHALERS FOR ASTHMA** even infrequently, please bring them with you.

Plan to arrive **ON TIME** for your appointment. Wear comfortable clothing and shoes that are easily removed. Leave jewelry and other valuables at home. No firearms are permitted. Bring your insurance card and driver's license. If there is a copay or deductible, be prepared to pay it.

YOUR DRIVER

Bring a driver who can remain here the entire time you are here. The average visit is about two hours. Arriving late or without a driver may require canceling and rescheduling your procedure. Patients that would like to have their driver come to recovery after their procedure must have their driver remain in the waiting room the entire time. If the nurse comes to the waiting room to call your driver back and they have left the waiting room, they may miss the opportunity to come to recovery when the doctor goes over the results.

Note: "CLEAR" LIQUIDS ALLOWED: This includes clear fat-free broths, bouillon, coffee, and tea (without cream or non-dairy creamer), Kool-Aid, Crystal Light, carbonated beverages, clear sodas like ginger ale, orange juice, and other fruit juices without pulp, popsicles without pulp, Jell-O, hard candies, and Italian ices. **You are not allowed:** orange juice with pulp, fruit nectars, liquids you cannot see through, milk, cream, and non-dairy creamer. Avoid anything red or purple in color. No alcoholic drinks.

YOU SHOULD CALL THE OFFICE AT 412-262-1000 AFTER 8 AM ON THE MORNING OF YOUR TEST IF YOU ARE STILL HAVING SOLID OR BROWN STOOLS.

Three Rivers Endoscopy Center

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