CENTER FOR DIGESTIVE HEALTH & NUTRITION
725 CHERRINGTON PARKWAY • MOON TOWNSHIP, PA 15108

Watch Video

COVID-19 2026 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 4 weeks, CALL and reschedule your colonoscopy procedure. Do NOT do the prep and risk being turned away.

REVIEW CAREFULLY A FEW DAYS BEFORE PREP

PLENVU SIMETHICONE COLONOSCOPY "PREP"

Modern colonoscopy is a diagnostic procedure that examines the colon or large intestine. Over the past 50 years, it has become the gold standard for screening colon polyps and preventing colorectal cancer. Most exams are quick, painless, and very safe due to modern sedation methods and newer, thinner, flexible instruments. However, for an accurate and safe exam, 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 properly. *REMEMBER: An accurate exam requires an excellent prep.*

> *Some of the colonoscopy preps can be harsh and potentially hard on the kidneys. The PLENVU prep is safe and specifically indicated for individuals with reduced kidney function.*

Most patients report that the worst part of the procedure is not the colonoscopy itself but the necessary preparation the day before. Although preparing for a colonoscopy is never pleasant, fortunately, new low-volume "preps" have been developed to simplify this process. It is important to follow all instructions carefully to avoid having to reschedule the test. If you have any questions, please call our office at (412) 262-1000, option #4.

WARNING: Individuals taking the semiglutide class of medications known as (GLP-1) receptor agonists may delay how their stomach empties. This may interfere with colonoscopy preparation AND increase the risk of aspiration under anesthesia for BOTH colonoscopy and upper endoscopy (EGD) exams.

ALL patients taking these medications once weekly MUST stop them temporarily for 1 week before their procedure appointment.

ALL patients taking these medications daily MUST stop them temporarily for 24 hours before their procedure appointment.

Failure to do so will result in the cancellation of the procedure, which will have to be rescheduled.

ONCE-WEEKLY wegovy semaglutide injection 2.4 mg
ONCE-WEEKLY OZEMPIC semaglutide injection 0.5mg, 1mg, 2mg
ONCE-DAILY RYBELSUS semaglutide tablets
once weekly mounjaro
zepbound (tirzepatide) injection

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

- One PLENVU Prep Kit
- ZOFRAN (ondansetron) 4 mg anti-nausea pills if your doctor ordered
- SIMETHICONE (Gas-X, Gas Relief) 3 tablets - if your doctor ordered or purchase over-the-counter product ➔

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 (optional but recommended)
- 2 bottles of ENSURE OR BOOST any flavor (optional but recommended)

Special Instruction for Diabetics (READ PAGE 5)
We recognize that our patients with diabetes may be concerned about the safety of a colonoscopy preparation. The bottom line is that it can be done safely if you follow instructions. If you are taking medication for Diabetes, please read page 5 for special instructions.

This new PLENVU prep has been shown to be safe and effective. **It is split into TWO portions:**

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 6 HOURS BEFORE YOUR ARRIVAL TIME and completed within 1 ½ hours.

YOU MUST HAVE NOTHING BY MOUTH THE 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. This person should be someone we can share the examination results with. ***We require that your driver remain here the entire time, which averages around two hours*; otherwise, your appointment may have to be rescheduled.**

It is best to eat lightly for a few days leading up to 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 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 a balanced diet are recommended, but avoid overeating. Additionally, do not enter the preparation stage constipated. To make the prep most effective, we suggest all patients take an over-the-counter laxative (such as 4 TBSP of Milk of Magnesia) and drink 4 glasses of water after dinner, TWO nights before your exam to "prime the pump." **This is particularly important if you have a tendency towards constipation.**

THE DAY BEFORE YOUR COLONOSCOPY ("PREP DAY")

CLEAR LIQUID DIET

Allowed
- Clear fat-free broths and bouillon
- Coffee and tea (without cream or non-dairy creamer)
- Kool-Aid, Crystal Light, Gatorade, sports drinks
- Carbonated beverages, Clear sodas like ginger ale
- Fruit juices like orange juice without pulp
- Popsicles without pulp, lemon Jell-O
- Hard candies and Italian ices

Not Allowed
- Avoid liquids you cannot see through
- Avoid milk or non-dairy creamer
- Avoid anything red /blue/purple in color
- No alcoholic drinks

☐ AM – DO NOT EAT BREAKFAST No more solid food
☐ Drink 1 bottle of Ensure or Boost (optional)
☐ Begin clear liquid diet
☐ Drink at least 8 oz of clear liquids every 2 hours

☐ 12:00 PM – Still no solid food
☐ Optional: Drink 2nd bottle of Ensure or Boost
☐ Continue drinking clear liquids every 2 hours

☐ 4:00 PM –Take 1 Zofran (ondansetron) antinausea pill (if prescribed)
No more Ensure. Only clear liquids from now on.

☐ 4:30 Empty the Mango flavored DOSE 1 pack into mixing container. Fill to the line (16 oz). Stir or shake well to dissolve the powder. Drink ALL of this over 30 minutes. NO FASTER. Be near bathroom facilities for the remainder of the evening.

☐ 5:00 *For a safe prep and complete exam, you MUST drink another 32 oz of clear fluid over the next hour.*

☐ Continue drinking clear liquids every 2 hours while awake.

THE MORNING OF YOUR COLONOSCOPY ("TEST DAY")

☐ No breakfast – DO NOT EAT ANYTHING.. May take essential prescription meds with a sip of water.

☐ 6 hours before arrival: Take 2nd Zofran (ondansetron) antinausea pill. [HINT: If this is early in the morning, wake up first and have a cup of tea to settle your stomach before you drink the prep solution.]

Bubbles of foamy liver bile often coat the colon lining and interfere with the exam. Take *2* tablets of SIMETHICONE "bubble buster" all together with your last glass of liquid on the morning of your colonoscopy exam.

☐ 5½ hours before arrival: Empty both Fruit Punch flavored DOSE 2 packets A and B into mixing container. Fill to the line (16 oz). Stir or shake well to dissolve the 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*

☐ Take 2 Simethicone tablets (Gas-X, Gas Relief) with last glass of fluid

☐ STOP all food, drinks, gum, candy, and smoking exactly 4 hours before your test

---

WHAT TO BRING

☐ Take essential prescription meds with a sip of water (especially for blood pressure)
☐ Bring asthma inhaler if you use one
☐ Wear comfy clothes and easy-off shoes
☐ Leave jewelry and valuables at home. No weapons.
☐ Bring insurance card and driver's license
☐ Be ready to pay copay or deductible if needed
☐ Leave phone and electronics with driver or at home

YOUR DRIVER

Make sure to bring a driver who can stay here throughout your entire visit. The average visit lasts about two hours. Arriving late or without a driver may necessitate canceling and rescheduling your procedure. *Patients who want their driver to come to recovery after the procedure must have their driver remain in the waiting room for the full duration.* If the nurse comes to the waiting room to call your driver and they have left, they may miss the chance to go to recovery when the doctor discusses the results.

JUDGING YOUR PREP

You can judge the effectiveness of your colonoscopy prep by observing the color of the fluid expelled from your rectum. A perfect prep results in a clear yellow liquid that resembles urine. The yellow color is derived from liver bile, which aids in the digestion of fat in your diet. (Your liver doesn't know that you are having a colonoscopy…)

YOU SHOULD CALL THE OFFICE AT 412-262-1000 AFTER 8:30 AM ON THE MORNING OF YOUR TEST AND SPEAK TO A TRIAGE NURSE IF YOU ARE STILL HAVING SOLID OR BROWN STOOLS.

Three Rivers Endoscopy Center
725 Cherrington Parkway • Moon Township, PA 15108-4305
412) 262-1000 IG: @thedigestivetract www.gihealth.com

Special Instructions for Diabetics

We recognize that our patients with diabetes may be concerned about the safety of a colonoscopy prep. The bottom line is that it can be done safely if you follow instructions. Your colonoscopy prep will involve significant changes to what and how much you eat, which can easily lead to unpredictable blood sugar levels. This will necessitate a temporary adjustment in your diabetic medications. The greatest concern is low blood sugar (hypoglycemia). You should monitor your blood sugar because we don't want you to go low. We advise patients with diabetes to tolerate slightly higher blood sugar for a day or two, which will not cause long-term harm. One day of glucose readings that are slightly higher, or "permissive hyperglycemia," is much better than experiencing a hypoglycemic event. Please follow the guidelines below. If you have brittle diabetes or your diabetes is difficult to control, discuss the prep adjustments with your endocrinologist or PCP. A February 2023 review offers some standard recommendations:

- **Metformin/Glucophage:** Stop taking it when the liquid diet begins and resume once you're back to eating regular meals after the procedure.
- **Semiglutide: (**Ozempic/semiglutide, Rybelsus/semiglutide, Wegovy/semiglutide, Mounjaro/tirzepatide, Zepbound/tirzepatide). If you are taking the daily capsule, stop 24 hours before the exam; if you are using the weekly injection, stop 1 week before the exam. Resume afterward at the normal dose.
- **Other GLP-1 receptor agonists** (Trulicity/dulaglutide, Byetta/exenatide, Victoza/ liraglutide) should be stopped when the liquid diet begins and resumed once you're back to eating regular meals after the procedure. If your regular weekly injection is scheduled during your colonoscopy prep period, wait until you're eating normally again.
- **DPP-4 inhibitors** (Januvia/sitagliptin, Tradjenta/linagliptin, and Onglyza/saxagliptin): Discontinue on the morning of the procedure and resume that evening.
- **SGLT-2 inhibitors** (Jardiance/empagliflozin, Farxiga/dapagliflozin, Brenzavvy/bexagliflozin, and Invokana/canagliflozin): Discontinue use three days prior to the procedure and resume once you return to regular meals *and* are properly hydrated.
- **Sulfonylureas** (Glucotrol/Glipizide) should be stopped the day before the procedure and resumed once you return to your normal meal schedule.

Insulin, the diabetes drug with the highest risk of hypoglycemia and an absolute necessity for people with type 1, requires special attention. Please speak to your endocrinologist or PCP because the following are only starting points:

- **Rapid insulin:** People who use an insulin-to-carb ratio to determine how much rapid insulin to use for meals can continue to follow their normal dosing strategy. Those who use fixed doses for each meal must substantially cut their usual dose during the clear liquid prep phase.
- **Basal insulin:** Beginning the day before the procedure, patients will be asked to reduce their basal insulin dose by 20 to 50 percent, depending on the type of insulin they use and the type of diabetes they manage.

PLENVU COLONOSCOPY PREP CHECKLIST

3 DAYS BEFORE YOUR COLONOSCOPY

Arrange a driver who will stay the entire time (about 2 hours)
Start eating lighter meals
Stop raw veggies, corn, seeds, fiber supplements, and iron vitamins

Purchase

PLENVU Kit (prescription)
Zofran 4 mg tablets (if prescribed)
Simethicone tablets (Gas-X, Gas Relief)
Soft toilet paper, baby wipes, zinc oxide cream
Milk of Magnesia (not required, but recommended)
2 bottles of ENSURE or BOOST - any flavor (not required, but recommended)

2DAYS BEFORE

Eat normally, but don't overeat. Increase fluid intake.
Take 4TbspMilk of Magnesia + 4 glasses of water after dinner

1 DAY BEFORE ("PREP DAY")

7 AM – Begin clear liquids. (One bottle of Ensure/Boost allowed)
NOON – Second bottle of Ensure/Boost optional. Continue clear liquids
4 PM – Take one Zofran (anti-nausea pill) No more Ensure/Boost. Clear liquids only
4:30 PM – Mix and drink MANGO prep over 30 min. NO FASTER.
5 PM – Then drink 32 oz of clear fluids over the next hour

DAY OF PROCEDURE ("TEST DAY")

Do NOT eat
6 hours before arrival – Take a 2nd Zofran
5 1/2 hours before arrival – Mix A and B in 16 oz water. Drink over 30 min. NO FASTER
Then drink 16 oz of clear fluids over the next hour

Take 2 SIMETHICONE tablets (Gas-x, Gas Relief) with the last glass of fluid.

After that, **NOTHING BY MOUTH** 4 hours before your arrival (no water, food, gum, candy, or smoking)
Take essential medications (e.g., for blood pressure) with a sip of water
Bring inhalers if you use them
Wear comfy clothes, no jewelry, no valuables. No weapons.
Bring ID, insurance card, and copay if needed
Arrive on time with your driver

725 Cherrington Parkway • Moon Township, PA 15108

412.262.1000 • www.gihealth.com • IG: @thedigestivetract