

Three Rivers Endoscopy Center
725 Cherrington Parkway
Moon Township, PA 15108
(412) 262-1000

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-ENSURE SAME-DAY "PREP" FOR AFTERNOON COLONOSCOPY APPOINTMENTS

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, it is critical that your colon is 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. It is essential that you follow all instructions carefully so that the test need not be rescheduled. If you have any questions, please call our office at (412) 262-1000, **Option #8**.

This prep is something new which we believe makes the preparation quicker, simpler and more tolerable - especially for those patients with an afternoon appointment.

To prepare for your exam, you will need to purchase two items:

- ONE (1) PLENVU Bowel Prep Kit (Requires prescription)
- FOUR (4) Bottles of ENSURE PLUS any flavor
(Optional – BUT RECOMMENDED)

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

THREE (3) DAYS BEFORE YOUR COLONOSCOPY

Make arrangements for a companion to accompany you to your appointment and drive you home. If possible, it is best that this person is someone with whom we can share the results of the examination. *We require that your driver remains in the building the entire time that you are here, which averages around two hours - otherwise your appointment may have to be rescheduled.*

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 such as Metamucil, Benefiber, Citrucel, etc.

TWO (2) DAYS BEFORE YOUR COLONOSCOPY

Maintain regular activity and a light diet. Don't overeat. Also, it is important that you do not 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:

You must eat lightly on the day before your colonoscopy, and avoid foods that are hard to digest. A LOW RESIDUE DIET must be followed. IF you wish, you may supplement your diet with up to 4 bottles of ENSURE nutritional supplement as noted below. It is important that you stay well hydrated by drinking additional glasses of clear liquids throughout the “Prep Day”. *Try to drink at least 6 glasses of water or any other clear liquids.*

- BREAKFAST (low residue foods) on the day before your colonoscopy. Drink a full 8 oz glass of water or any other clear liquid.**

- 10 AM on the day before your colonoscopy: Drink a full 8 oz glass of water or any other clear liquid. Drink an 8 oz bottle of ENSURE (optional).**

- LUNCH (low residue foods) 12 NOON on the day before your colonoscopy. Follow with an 8oz glass of water or any other clear liquid.**

- 3 PM on the day before your colonoscopy: Drink a full 8 oz glass of water or any other clear liquid. Drink an 8 oz bottle of ENSURE (optional).**

- DINNER (low residue foods) 6 PM on the day before your colonoscopy. Follow with an 8 oz glass of water or any other clear liquid. Drink an 8 oz bottle of ENSURE (optional).**

- 9 PM on the day before your colonoscopy: Drink a full 8 oz glass of water or any other clear liquid. Drink an 8 oz bottle of ENSURE (optional).**

LOW RESIDUE DIET

Avoid fibrous foods, seeds, beans, whole grain, fruits and vegetables.

Breakfast suggestions:

Tea or coffee with cream and sugar
Cup of juice, such as **no-pulp** orange juice, apple juice, or cranberry juice
Farina
Scrambled eggs
Waffles, French toast, or pancakes
White-bread toast with margarine and grape jelly (no seeds)

Lunch suggestions:

Baked chicken, white rice
Salad with baked chicken, American cheese, smooth salad dressing, white dinner roll
Baked potato (no skin) with sour cream and butter or margarine
Hamburger with white seedless bun, ketchup, mayonnaise, and lettuce (if it doesn't make your symptoms worse)

Dinner suggestions:

Tender roast beef, white rice, cooked carrots or spinach, white dinner roll with margarine or butter
Pasta with butter or olive oil, French bread
Baked chicken, white rice or baked potato without skin
Broiled fish, white rice

DAY OF COLONOSCOPY (“Test Day”)

Do NOT eat breakfast.

This new PLENVU has been shown to be safe and effective. It is split into two halves – BOTH of which are to be taken on the morning of your colonoscopy examination. BE SURE BATHROOM FACILITIES ARE AVAILABLE.

5 - 6 AM: The first half is taken at 5 AM on the morning of your colonoscopy examination. 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 16 oz of clear fluid over the next 30 minutes. The more fluid you can drink, the better. Try to drink an additional 16 oz of clear liquids.*

6 - 8AM: **WAIT TWO HOURS BEFORE STARTING THE SECOND HALF**

8 - 9AM: The second half is taken at 8 AM on the morning of your exam. Empty both Fruit Punch flavored DOSE 2 packets 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 30 minutes.*

YOU MUST HAVE NOTHING BY MOUTH THOSE LAST FOUR HOURS BEFORE YOUR EXAM – NO FOOD, LIQUIDS INCLUDING WATER, TOBACCO, CANNABIS.

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 ONE HOUR PRIOR to your procedure time. *Bring a driver who can remain in the building 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. Wear comfortable clothing and shoes that are easily removed. Leave jewelry and other valuables at home. No weapons are permitted. Bring your insurance card and driver's license. If there is a copay, be prepared to pay it.

****Note:** CLEAR LIQUIDS are anything you can see through. This includes clear fat-free broths, bouillon, tea, coffee, Kool-Aid, Crystal Light, carbonated beverages, sodas, orange juice and other fruit juices *without pulp*, popsicles *without pulp*, Jell-O, hard candies, and Italian ices.

Not allowed: Orange juice with pulp, fruit nectars, liquids you cannot see through, milk, and cream. Avoid anything that is red, blue, or purple in color.

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412.262.1000

www.gihealth.com

Check our INSTAGRAM @thedigestivetract