

INSTRUCTIONS FOR COLONOSCOPY PREP

*** You will need to pick up the Prescription PLENUVU from your pharmacy***

Please follow written instructions below, DO NOT FOLLOW INSTRUCTIONS ON BOX

Consult with your Primary Care Physician if you are taking or have the following medical concerns:

Coumadin/Jantoven/warfarin: Stop it five (5) days before your colonoscopy if approved by your physician prescribing this medication. **Do not take this medication on the day of your procedure. Ask your physician when to resume this medication**
Plavix (clopidogrel)/Pradaxa/Pletal (cilostazol)/Effient and Eliquis; Stop it three (3) days before colonoscopy-**only if approved by prescribing physician**

Brillinta: Stop five (5) days before colonoscopy- **only if approved by prescribing physician**

Aggrenox: Stop three (3) days to five (5) days prior to colonoscopy- **only if approved by prescribing physician**

Xarelto/Savaysa: Stop for 48 hours before colonoscopy

Iron pills: Stop for seven (7) days before colonoscopy

Dialysis Treatment: Alternate treatment may be used.

****Anti-Seizure Medication:** Take at least 2 hours before the scheduled colonoscopy with a small sip of water.

****Blood Pressure/Heart Medication:** take your morning dose at least 2 hours before your colonoscopy with a small sip of water.

Insulin: You may need to adjust your insulin dosages. Please speak with your monitoring physician for further instructions. . **Ask your physician when to resume your insulin.**

Inhalers: Please bring your "rescue" inhaler to your appointment, even if you have not needed to use it for some time.

Heart Valve Replacement/ Pacemaker with Internal Defibrillator

NO TOMATOES OR CORN 2 DAYS PRIOR TO PROCEDURE

Day prior to procedure: If you have been holding your Coumadin/Jatoven/Warfarin you will need a PT/INR (lab test) taken 24 hours prior to exam if requested by physician

1. CLEAR LIQUIDS DIET

ALL DAY – **no milk or milk products**

2. At 5pm take dose 1-use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time-slowly finish the dose within 30 minutes. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

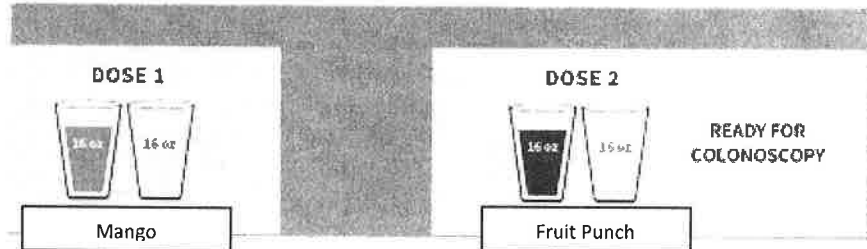
3. At 9pm repeat steps above using Dose 2 (pouch A and B) with at least 16 ounces of water.

Continue clear liquids till midnight.

CLEAR LIQUIDS:

-No red or purple liquids.

Water, Jell-O, coffee or Tea (**no creamer**), strained fruit juice without pulp, clear sodas (7-Up, Sprite, Ginger Ale, etc.), Ensure Vanilla, Broth or Bouillon, Popsicles (**no red or purple**).



It's important to hydrate before you take the prep, while you're taking the prep, and after the prep.

Day of procedure:

1. Nothing by mouth after midnight except approved medications listed above with a sip of water. You may brush your teeth and rinse with water. NO GUM, MINTS OR LOZENGES. NO CHEWING TOBACCO**

2. You will be medicated and you need to bring someone with you to drive you home.

3. Bring a current list of medications and colostomy supplies if applicable; if Menstruating please use a tampon if possible.

On the day of your procedure, report to the following unless otherwise instructed by your physician:

The Endoscopy Center of Topeka, 785-354-1254

2200 SW 6th Avenue, Suite 103

Topeka, KS 66606

Check-in Date: _____

Check-in Time: _____

KMC Gastroenterology, 785-354-8518

If you are unable to keep your appt, please notify the office within 48 hours prior to your scheduled procedure.