

COLONOSCOPY PREP

SPLIT DOSE PLENVUE

PLEASE READ CAREFULLY!

IT IS VERY IMPORTANT FOR YOU TO CAREFULLY
FOLLOW THESE INSTRUCTIONS.

A COMPLETE COLONOSCOPY CANNOT BE
PERFORMED ON AN UNCLEAN COLON!

MEDICATIONS:

- **Diabetes:** Call your primary physician for instructions on how to take these medications on the day before your colonoscopy and on the day of the procedure.
- **Blood Thinners (with permission from your prescribing provider):**
 - 5 full days prior, hold Plavix (Clopidogrel), Coumadin (Warfarin), Brilinta (ticagrelor)
 - 2 full days prior, hold Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban)
 - Any other blood thinners or antiplatelet agents, please ask your prescribing provider.
 - You may continue to take aspirin daily.
- **Avastin:** if you are on this chemotherapy agent, it is critical that you inform your gastroenterologist.
- **Other medicines/behavior:**
 - Hold iron and fiber supplements one week before your procedure.
 - Anesthesia requires that patients do not smoke, vape, consume alcohol, smoke marijuana or use other illicit drugs for 24 hours prior to procedure.
- **Diabetes/Weight Loss:** Diabetes and weight loss treatments must be held before the procedure to minimize anesthesia-related risk.
- Necessary morning medications may be taken with a sip (2 teaspoons) of water on day of procedure.

DIET (see reverse for more details):

- Starting **two days prior to procedure:** avoid whole grains, seeds, nuts, berries, raw tomatoes and corn.
- Starting **the day prior to procedure:** Eat a light breakfast, then only clear liquids after 10 AM
- It is important to complete the entire prep. You should continue clear liquids up until 4 hours prior to your procedure to stay hydrated.

OBTAIN PREP (purchase the following):

- Fill your prescription for Plenvu Prep at your pharmacy
- DISCARD the package instructions and follow the instructions on this sheet

PREP FOR COLONOSCOPY:

- Day before the procedure
 - Morning: Mix dose 1 packet with 16 oz. of water in the mixing container. Shake until dissolved and place in the refrigerator.
 - 6 PM: Begin drinking the dose 1 mixture. Slowly finish the dose in 30 minutes, followed by drinking at least 16 oz. of clear liquid in the next 30 minutes. Continue clear liquids until you go to bed.
 - Before you go to bed: Empty dose 2 pouch A and dose 2 pouch B into mixing container with 16 oz. of water. Shake until dissolved and place in the refrigerator.
- Day of Procedure (6 hours prior to procedure): Begin drinking the dose 2 mixture. Slowly finish the dose in 30 minutes, followed by drinking at least 16 oz. of clear liquid in the next 60 minutes.
 - Prep must be finished no later than 4 hours prior to procedure. You may continue clear liquids until 4 hours prior to procedure.
- Nothing by mouth within 4 hours of procedure including solid food, gum, mints, hard candy or water or your procedure will be rescheduled (except necessary morning meds with a sip of water)

DIETARY GUIDELINES:

What is a light breakfast?

- A light breakfast may include 1-2 slices of white bread toast or a plain bagel with butter, margarine or jelly. It can also include one egg.
- Does not include anything whole grain (including wheat/rye bread), granola, nuts or seeds

What is a clear liquid diet? A “clear liquid” has the consistency of water at room temperature and is transparent

- Avoid
 - Clear liquids that are red, orange or purple in color
 - Alcohol and dairy products
 - Tomato juices and pulpy juices are not clear liquids
- Beverages you may have:
 - Water
 - Juices: apple, white grape
 - Black coffee or tea (iced or hot)
 - Gatorade, Vitamin Water, PowerAde and other electrolyte drinks (not red, orange or purple)
- Other clear liquids to enjoy:
 - Clear vegetable, chicken or beef broth (broth only - no noodles, vegetables, potatoes, etc.)
 - Jell-o, popsicles, fruit ice or slush (not red, orange or purple)
 - Ginger ale or Sprite (NO cola, Mountain Dew or other sodas)
 - Sugar or sweeteners dissolved in any of the above

PREP TIMELINE (what time should I finish my prep):

Colonoscopy Prep Timetable

Prep Part 1: start @ 6pm the day before (see prep instructions)

Scheduled Procedure Time	Start Prep Part 2	Finish Prep By		Scheduled Procedure Time	Start Prep Part 2	Finish Prep By
730 am	130 am	330 am		1200 pm	600 am	800 am
800 am	200 am	400 am		1230 pm	630 am	830 am
830 am	230 am	430 am		100 pm	700 am	900 am
900 am	300 am	500 am		130 pm	730 am	930 am
930 am	330 am	530 am		200 pm	800 am	1000 am
1000 am	400 am	600 am		230 pm	830 am	1030 am
1030 am	430 am	630 am		300 pm	900 am	1100 am
1100 am	500 am	700 am		330 pm	930 am	1130 am
1130 am	530 am	730 am				

Pre-Procedure Medication Changes

- ❖ **If your medications change prior to your procedure, you must contact our office.**
- ❖ **It is imperative to notify our office of any Diabetes/ Weight loss medications you are taking.**
- ❖ **Below is a list of common Diabetes/ Weight Loss medications. Please contact our office if taking any other medications not listed.**

Drug Class	Medications	When to stop
GLP-1 agonist	This drug class includes (but is not limited to) Ozempic, Wegovy, Zepbound, Rybelsus, Mounjaro, Trulicity, Byetta and Saxenda	Weekly injections stop 7 days prior to the procedure; Daily injections/ oral meds stop 1 day prior to the procedure
SGLT-2 Inhibitors	Brenzavvy (Bexagliflozin), Farxiga (dapagliflozin), Glyxambi (Empagliflozin and Linagliptin), Invokamet (Canagliflozin and Metformin), Invokana (canagliflozin), Jardiance (empagliflozin), Qtern (Dapagliflozin and Saxagliptin), Synjardy (Empagliflozin and Metformin), Trijardy XR (Empagliflozin, Linagliptin, and Metformin), Xigduo XR (Dapagliflozin and Metformin)	Stop 3 days prior to the procedure
SGLT-2 Inhibitors	Steglatro (Ertugliflozin), Steglujan (Ertugliflozin and Sitagliptin), Stegluromet (Ertugliflozin and Metformin)	Stop 4 days prior to the procedure