

PLENVU | Colonoscopy Preparation Instructions

Name: «FirstName» Date of Procedure: with: Dr. «RendPrLName» Arrival Time:
Alaska Digestive Center: 563-1750 ARH: 264-2055 PAMC: : 212-3124 SCOW: 631-3578
4048 Laurel Street STE 103a

ONE WEEK BEFORE COLONOSCOPY

- You **must** have a responsible adult drive you home. If you do not have a ride arranged, we will not be able to perform the procedure. Public transportation is only allowed with an adult escort.
- Call your pharmacy prior to picking up the prep to ensure they have the prescription.
- **Medications**
 - Blood-thinning medications may need to be discontinued. Take your last dose of on
 - May continue to take regular medications, unless instructed by provider or nursing staff
 - **Stop Taking**
 - Prescription Iron pills
 - **Stop Eating**
 - Seeds, nuts, tomatoes, berries, corn, popcorn, and breads with seeds or nut

TWO DAYS BEFORE COLONOSCOPY

- Obtain Covid Test

ONE DAY BEFORE COLONOSCOPY

- **Start clear liquid diet. No solid foods, dairy or non-dairy products, juices with pulp, red or purple colors, and alcohol.**
- Clear Liquids include: Water, Apple Juice, Gatorade, Broth, Jell-O, Popsicles, soda, etc.
- Mix bowel prep solution at 6:00 PM:
 - Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of cool 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 the clear liquid of your choice. Again, take your time and slowly finish all of it within 30 minutes
 - Continue clear liquid diet throughout the evening (NO SOLID FOOD)
- **Patients that are Diabetic**
 - Evening Dose Only: Take ½ the dose of your diabetic medication(s) the day before your procedure.
 - No dose the day of the procedure.

DAY OF COLONOSCOPY

- Continue clear liquid diet–No Solid Food.
- Start drinking prep four (4) hours prior to procedure time:
 - Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of cool water.
 - Repeat ALL the steps above.
 - NOTHING TO EAT OR DRINK Three (3) HOURS PRIOR TO PROCEDURE.