





# Akron Digestive Disease Consultants, Inc.

## Colonoscopy Prep Instructions – PLENUVU - Split Dose Prep

**PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED**

5-7 DAYS PRIOR	3 DAYS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<p>Plenuvu and Ondansetron prescriptions will be sent to Gift Health Pharmacy. Call 833-614-4438 to coordinate receiving.</p>  <p>Read over approved clear liquid list in advance to allow yourself time to stock up on these items for your preparation days.</p>  <p>If you take medication to thin your blood, such as <b>Coumadin</b> (warfarin), <b>Plavix</b> (clopidogrel), <b>Xarelto</b> (rivaroxaban) or <b>Pradaxa</b> (dabigatran), <b>Eliquis</b> (apixaban), <b>Aggrenox</b> (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication. Aspirin may be continued.</p> <p><b>STOP</b> all fiber supplements or medications containing iron 7 days before your appointment. This includes multi-vitamins with iron, Metamucil, Citrucel and Fibercon.</p> <p>Arrange for a driver on the day of your procedure.</p>	<p><b>STOP</b> consuming all high fiber foods/roughage.</p> <ul style="list-style-type: none"> <li>• NO raw vegetables</li> <li>• NO corn (raw or cooked)</li> <li>• NO whole wheat or high fiber breads</li> <li>• NO nuts or popcorn</li> <li>• NO bran or bulking agents</li> </ul> <p>Confirm that you have a driver for the day of the procedure.  <b>A taxi or bus is NOT allowed unless you are accompanied by a family member or friend.</b></p> <p>Review paperwork and sign</p> <ul style="list-style-type: none"> <li>• Multi-authorization</li> <li>• Notice of Privacy Practices</li> </ul>	<p>NO SOLID FOOD Clear liquids ALL DAY</p> <p><b>AVOID</b> anything red or purple in color.  <b>NO</b> milk products or non-dairy creamer.  <b>SEE ATTACHED LIST OF CLEAR LIQUIDS</b></p> <p><b>DIABETICS:</b> Do NOT take oral medication DIABETA, GLUCOPHAGE, METFORMIN or JANUVIA          Take ½ of your regular insulin dose</p> <hr/> <p>*At 3pm take 2 Ondansetron tablets*</p> <p><b>AT 5 PM</b></p> <p><b>TAKE DOSE ONE:</b></p> <ul style="list-style-type: none"> <li>-Use the mixing container to mix the contents of the Dose 1 pouch with 16 ounces of water by shaking or using a spoon until it's completely dissolved. This will take 2-3 minutes.</li> </ul>  <ul style="list-style-type: none"> <li>-Take your time-slowly finish the dose within 30 minutes.</li> <li>-Follow with 16 oz. of clear liquid of your choice.</li> </ul>  <p>Continue on clear liquids until bedtime.</p>	<p>NO SOLID FOOD NO ALCOHOL</p> <p><b>DIABETICS:</b> Do NOT take oral medication DIABETA, GLUCOPHAGE. METFORMIN or JANUVIA</p> <ul style="list-style-type: none"> <li>- If you are Insulin dependent, <b>do not take your morning dose of insulin.</b></li> <li>- You must check your blood sugar before leaving home. If your level is <b>above 300</b>, please take your Regular insulin according to your sliding scale.</li> <li>- Please bring your insulin with you to the procedure center.</li> <li>-<b>All patients may take morning medications with sips of water.</b></li> </ul> <p>At _____:</p> <p><b>5 hours prior to your procedure:</b></p> <p><b>TAKE DOSE TWO:</b></p> <ul style="list-style-type: none"> <li>-Use the mixing container to mix the contents of Dose 2 (<b>Pouch A</b> and <b>Pouch B</b>) with 16 ounces of water by shaking or using a spoon until it's completely dissolved. This will take 2-3 minutes.</li> <li>-Take your time- slowly finish the dose within 30 minutes.</li> <li>-Follow with 16 oz. of clear liquid of your choice.</li> </ul> <p>You may continue to drink water until <b>3 HOURS</b> PRIOR to procedure.</p> <p><b>Drinking liquids within these 3 hours will cause us to cancel or postpone your procedure.</b></p>

A Colonoscopy has been recommended to you. This examination involves guiding a tubular, flexible instrument through the rectum and into the entire colon. The preparation for the procedure is **IMPORTANT**. It does cause diarrhea and possibly abdominal cramping.

## CLEAR LIQUIDS - No RED or PURPLE

Must be something you can see through...



- Gatorade or PowerAde
- Clear broth or bouillon - chicken or beef
- Coffee or Tea (*no milk or non-dairy creamer*)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Crystal Light
- Strained Fruit Juices (*no pulp*)
- Jell-O, Popsicles, or Italian Ice

DON'T FORGET - these foods are **NOT ALLOWED!**



- Milk or milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit or Tomato Juice
- Creamed Soups or any soup other than broth
- Oatmeal
- Cream of Wheat

## Colon Cleansing Tips

- :> You may use over the counter hydrocortisone creams, tucks pads or baby wipes as necessary for skin irritation. Be sure to get alcohol free!
- :> Chill the solution in refrigerator or by placing in a bowl of ice. **DO NOT** add ice to the solution.
- :> Stay near the toilet! You will have diarrhea, which can be quite sudden...this is normal!
- :> If you experience nausea or vomiting, rinse your mouth with water and take a break ☺  
Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.
- :> It is common to experience abdominal discomfort until the stool has flushed from your colon.
- :> Some find it easier to drink through a straw.
- :> Eventually your stools will be liquid, and clear enough to see the bottom of the toilet.
- :> If you feel for any reason your prep is not working, please be sure to call us so we can assist you in completing the prep process.
- :> **EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID-YOU MUST DRINK ALL OF THE PREP!**

## THINGS TO BRING WITH YOU!

A RESPONSIBLE DRIVER  
YOUR INSURANCE CARDS  
A PHOTO ID  
SIGNED PAPERWORK FOR FACILITY