

THREE (3) DAYS BEFORE COLONOSCOPY

1. Avoid iron supplements, nuts, beans and raw fruits & vegetables (canned are okay).

DAY BEFORE COLONOSCOPY

2. Take all of your regular medications unless otherwise specified by your physician.

Extended prep: Purchase one bottle of magnesium citrate (over the counter). Drink this at _____.

3. **Start a clear liquid diet ONLY. Drink eight ounces at least once an hour all day.**

- | | |
|-----------------|---|
| • Water | • Sports drinks (e.g., Gatorade®) |
| • Popsicles | • Fruit juice (white grape, apple, white cranberry) |
| • Kool-Aid | • Broth/bouillon |
| • Coffee/tea | • Soda (light, dark, diet, regular) |
| • Jell-O | |
| • Ensure® Clear | |

- **No red liquids**
- **No dairy/creamer**

4. **At 5 p.m.**, empty Dose 1 of the PLENVU® into container, add water to the fill line. Mix well to dissolve the powder, then drink it all over 30 minutes. Follow this with **AT LEAST 16** more ounces of clear liquid over the next 30 minutes.

Special Instructions

This applies to you if check marked.

- Do not take **oral diabetic medicine** the morning of your procedure.
- If you take **insulin**, call your primary care physician for instructions.
- Stay on your baby **aspirin (81 mg)**.
- If you are on a **blood thinner**, take your last dose on _____.

DAY OF COLONOSCOPY

5. At _____ (6 hours before your procedure), empty dose 2 (includes Pouch A and B) into the container and add water to the fill line. Mix well to dissolve the powder, then drink it all over 30 minutes. Follow this with AT LEAST 16 more ounces of clear liquid over the next 30 minutes.

6. **NOTHING BY MOUTH AFTER** _____.

7. You should take morning medications. If you are already fasting, take them with a sip of water.

YOUR PROCEDURE:

Location: _____

Arrival time: _____
(subject to change with 24-hour notice)

Doctor: _____

Procedure time: _____

Date: _____

continued on back



FREQUENTLY ASKED QUESTIONS

Q. Do I have to drink all of the prep even if my bowel movements look clear?

Yes! You must drink all of the prep for a successful colonoscopy exam.

Q. How do I know if I'm cleaned out?

On the day of your colonoscopy, the nurse will ask you questions to confirm you're cleaned out. However, if you see brown, then the doctor sees brown. You will be cleaned out if:

- You **DO NOT** eat solid food.
- You **DO push clear liquids** all prep day.
- You **DO drink all of your prep**.

Q. Will the bowel prep be painful?

No. However, the skin around your anus will get sore from the loose bowel movements. You can use Vaseline® or diaper rash ointment on your skin.

Q. Will I get sick to my stomach?

Most people do not get sick. But if you do feel sick, stop drinking for 20 to 30 minutes, lie down and place a cool cloth on your forehead. Warm tea, flat soda and peppermints will also help. If you are unable to finish the prep, call your doctor's office.

CANCELLATION POLICY

Let us know as soon as possible if you have to change or cancel your colonoscopy.

You will be asked to schedule an office visit before rescheduling a third time.



INSURANCE

It is your responsibility to call your insurance to check benefits and preauthorization requirements. Notify this office if your procedure needs preauthorized.

QUESTIONS OR CONCERNS?

Make sure you read your surgery booklet to address any concerns not found on this document.



Call the office with any questions or concerns, TeleNurse is available after hours and on weekends.



Watch *What to Expect for your Colonoscopy Procedure* at:

www.ScreenForColonCancer.org/colonvideo1.html

