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Preparation for Colonoscopy with PLENVU

Date of Procedure: _____ Place of procedure _____
Arrival time: _____ am/pm Pick up time (for NJSC patients only) _____

IF YOU HAVE NOT HEARD FROM US

by 2:00 p.m. the day before your procedure, please call our office for your arrival time.

Appointment not confirmed by 2 PM will be cancelled

Seven days Before Procedure starting on _____ (if you take any of listed below)

Do not take aspirin, ibuprofen, Advil, Aleve, Plavix, clopidogrel, Brilinta or arthritis medications. Do not take iron pills or iron preparations (including multivitamins with iron). You may use Tylenol and extra strength Tylenol.

Four Days Before Procedure starting on _____ (if you take any of listed below)

Do not take any blood thinners, such as Coumadin, warfarin, unless advised by cardiologist or Primary Care Physician

24 Hours Before Procedure starting on _____ stop taking Xarelto, Proxal, Eliquis or unless advised by cardiologist or Primary Care Physician

PLEASE CONSULT YOUR CARDIOLOGIST OR PRIMARY CARE PHYSICIAN BEFORE STOPPING ANY BLOOD THINNERS!

If you are a **DIABETIC continue to take your usual medications or Insulin and test your blood sugar level by finger stick several times throughout the day. If your blood sugar level low, take sweetened tea or apple juice to bring it up.**

On a day of Procedure do not take diabetic **pills, bring them to the office. If Insulin has been prescribed to you, have only 1/2 dose of Insulin injection in the morning.**

You may take all other medicines unless otherwise advised by Dr. Gorodokin.

PLEASE NOTE that during your prep, you may experience some rectal irritation which can be decreased by applying **petroleum jelly (Vaseline)** to your rectum before and after bowel movements, along with the use of adult wet wipes.

You will be administered IV sedation. Please come accompanied by a responsible adult who can drive you home. You will not be allowed to take public transportation or to drive your own car. **We can make arrangement for transportation if your procedure scheduled at NJSC.**

Please refrain from smoking and do not wear lipstick. Please **DO NOT** bring valuables **AND DO NOT** wear jewelry when you have a procedure.

OUR MANAGEMENT IS NOT RESPONSIBLE FOR THE LOSS OF YOUR MONEY, JEWELRY OR VALUABLES OF ANY KIND.

You may bring slippers or footies and put on a T-shirt for your comfort.

We anticipate your stay with us to be 1,5 to 3 hours.

PLEASE FOLLOW THESE INSTRUCTIONS EXACTLY:

For several days before your colonoscopy, stop taking high fiber foods, such as **seeds, nuts and whole grains.**

Day Before Procedure _____:

DO NOT EAT ENTIRE DAY – NO BREAKFAST, LUNCH OR DINNER! but drink PLENTY of clear LIQUIDS to avoid dehydration!

You may have **only clear liquids all day.** Examples: **water, coffee (without milk), tea, carbonated beverages, apple juice, white grape juice, cranberry juice, Jell-O (not red), fruit flavored and powdered drinks, clear broth, bouillon, hard candy and Popsicles.**

NO milk, NO orange, NO tomato juice, no raw eggs, no other solid FOOD!

Step 1: Mix first dose.

Beginning at: 6-7PM (the day BEFORE procedure) _____

- Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 oz of water by shaking or using the spoon until it completely dissolved. This may take up to 2 or 3 minutes. Take your time – SLOWLY finish the dose within 30 minutes.
- Refill the container with at least 16 oz of clear liquid of your choice. Again, take your time and SLOWLY finish all of it within 30 minutes.

Step 2: Mix second dose.

Beginning at: 5-7AM on the day of procedure _____

- Use the mixing container to mix the contents of the Dose 2 (pouch A and B) with at least 16 oz of water by shaking or using the spoon until it completely dissolved. This may take up to 2 or 3 minutes. Take your time – SLOWLY finish the dose within 30 minutes.
- Refill the container with at least 16 oz of clear liquid of your choice. Again, take your time and SLOWLY finish all of it within 30 minutes.

Day of Procedure _____:

DO NOT EAT!

In the morning do not take oral diabetic medications. If you take morning Insulin, take ½ of your usual dose. **If you are taking heart, seizure, or anxiety medications, please be sure to take them 3 hours before your procedure with a sip of water.**

You must stop drinking clear liquids at least 3 hours before your procedure.

Bring all medicine bottles with you, including diabetic medications and inhalers.

The hard part is over once you see us

What Is Colonoscopy?

Colonoscopy is a special exam of your lower gastrointestinal (GI) tract. If you are having symptoms of a lower GI problem or have had an abnormal x-ray, this procedure may be done to get a better look. It can also help treat certain lower GI problems.

What Is An Endoscope?

During colonoscopy, a long, narrow, flexible tube called an endoscope is used. This instrument contains a strong light video camera. Your GI tract can then be viewed on a video screen.

What To Tell Your Health Care Provider

Tell your healthcare provider before the exam if any of the following is true for you:

- You are allergic to any medication or anesthetic.
- You take any medication, especially aspirin or blood thinners.
- You have heart or lung problems
- You are pregnant.

The Procedure

The doctor and a nurse or technician perform the procedure. Colonoscopy can take 30 minutes or longer. Sigmoidoscopy often takes less than 15 minutes.

During the Procedure

You lie on the table on your left side.

For colonoscopy, you are given sedating (relaxing) medication through an IV (intravenous) line. Sigmoidoscopy usually doesn't require sedation. The endoscope is inserted into your rectum. You may feel pressure and cramping. If you feel pain, tell your doctor or nurse. You may receive more sedation or some pain medication. The endoscope carries images of your colon to a video screen. Prints of the image may be taken as a record of your exam. When the procedure is done, you rest for a time. If you have been sedated you must have an adult drive you home.

Lower GI Anatomy

Colonoscopy allows your doctor to examine your lower GI tract. Your entire colon and rectum can be examined during colonoscopy. Or just the rectum and sigmoid colon can be examined during sigmoidoscopy.

What Colonoscopy Can Do

Lower GI endoscopy helps diagnosis inflammation of the colon (colitis). It can be used to remove growths (polyps) from the wall of the digestive tract. It can be used to take a sample of tissue (biopsy) for later study. It can pinpoint causes of bleeding or pain. It can also help detect colon or rectal cancer.

After the Procedure

You may hear some test results before you go home. If you had polyps removed or a biopsy, results may take several days. Follow your doctor instructions for how to care for yourself after the procedure.

When to Call Your Doctor

Call if you have any of the following:

- Pain in your abdomen
- Fever, Rectal bleeding