COLONOSCOPY PREPARATION INSTRUCTIONS

Follow the instructions on this paper, do NOT follow the instructions on the **Plenvu** Box.

STEP 1 — 5-7 DAYS BEFORE PROCEDURE

DO

- Your prescriptions for **PLENVU** and ondansetron (Zofran) will be sent to:
- Your local pharmacy:_____
- Read over the approved clear liquid list in advance to stock up for your prep days.
- Aspirin may be continued.
- **Arrange for a driver on the day of your procedure.**

DON'T

- Take fiber supplements or medications containing iron (multi-vitamins with iron, Metamucil, Citrucel, Fibercon).
- Take medications used to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban), Pradaxa (dabigatran), Eliquis (apixaban), Aggrenox (aspirin/dipyridamole), etc. Ask the prescribing doctor for instructions.
- **Take any GLP-1 injectable medication** such as Ozempic, Wegovy, Trulicity, Victoza, Byetta, or Mounjaro for one (1) week prior to your procedure.

STEP 2 — 3 DAYS BEFORE PROCEDURE

DO

- Confirm you have a driver for the day of the procedure. A taxi or bus is NOT allowed unless you are accompanied by a family member or friend.
- Review paperwork and sign: Multi-authorization and Notice of Privacy Practices.

DON'T

- Eat high fiber foods/roughage: raw vegetables, corn (raw or cooked), whole wheat or high fiber breads, nuts or popcorn, bran or bulking agents.

STEP 3 — 1 DAY BEFORE PROCEDURE

DO

- Clear liquids **ALL DAY.** See attached list of clear liquids.
- **Diabetics:** take ½ of your regular insulin dose.

DON'T

- Eat **solid food** or drink **alcohol**.
- Have anything red or purple in color.
- Have milk products or non-dairy creamer.
- **Diabetics:** take oral medication (Diabeta, Glucophage, Metformin or Januvia).
- **Take any oral GLP-1 medication** such as Rybelsus for one (1) day prior to your procedure.

PLENVU INSTRUCTIONS

STEP 1 **At 3:00 pm:** take two (2) ondansetron (Zofran) tablets.

STEP 2 **At 5:00 pm, take DOSE ONE:** in the mixing container, mix the **Dose 1 pouch** with 16 oz of water; shake or stir with a spoon until completely dissolved (2-3 minutes).

STEP 3 Take your time – slowly finish the dose within 30 minutes.

STEP 4 Follow with 16 oz of clear liquid of your choice.

****CONTINUE ON CLEAR LIQUIDS UNTIL BEDTIME****

STEP 4 — DAY OF PROCEDURE

DO

- You must check your blood sugar before leaving home. If your level is above 300, please take your Regular insulin according to your sliding scale.
- Please bring your insulin with you to the procedure center.
- **All patients may take morning medications with sips of water.**

DON'T

- Eat **solid food** or drink **alcohol**.
- **Diabetics:** take oral medication (Diabeta, Glucophage, Metformin or Januvia).
- If you are insulin dependent, take your morning dose of insulin.

5 Hrs BEFORE your procedure time:_____

- **Take DOSE TWO:** in the mixing container, mix **Dose 2 (Pouch A and Pouch B)** with 16 oz of water; shake or stir until completely dissolved (2-3 minutes).
- Take your time – slowly finish the dose within 30 minutes.
- Follow with 16 oz of clear liquid of your choice.
- You may continue to drink water until 3 hours prior to your procedure.

3 Hrs BEFORE your procedure time:

- **STOP ALL LIQUIDS.**
- Drinking liquids within these 3 hours will cause us to cancel or postpone your procedure.

If you have any preparation issues or questions, contact The Gastroenterology Group (330) 869-0954 or tggakron.com

TGG
THE GASTROENTEROLOGY GROUP

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-0, 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