Colonoscopy Preparation
Instructions
PLENVU

Procedure:
Date – ___________________________________________
Arrival Time – ________________________________________

Continue your clear liquid diet until 2 hours prior to arrival time and then nothing by mouth.
This includes WATER, TOBACCO, MINTS, GUM. Any consumption will result in a delay or cancellation of your procedure.

You must have a driver bring you to the procedure, remain on the premises throughout the procedure and
drive you home. Failure to do so will result in delay or cancellation of your procedure.

Location –
NE Digestive Vinehaven
1070 Vinehaven Dr NE
Concord, NC 28025

NE Digestive Poplar Tent
9965 Poplar Tent Rd
Concord, NC 28027

Gateway Surgery Center
1025 NE Gateway Ct NE
Concord, NC 28025

Atrium Cabarrus Hospital
200 Medical Park Drive
Concord, NC 28025

*If your procedure is scheduled at Gateway Surgery Center, please call (704) 920-7049 between 2pm-4pm one business day
prior to your procedure for your arrival time and time to drink your second preparation.

Physician – ___________________________________________

3 Days Before Your Procedure:
Eliminate foods from your diet that are difficult to digest. This is what we call a low residue
diet. You may continue to eat meat of any kind, pasta, rice, and cooked fruits vegetables
(without skins/peels) during these 3 days. Foods to eliminate include: fiber cereal like All Bran
and Fiber One, nuts, seeds, popcorn, raw vegetables and fresh fruit.

1 Day Before Your Procedure:
Eat a LIGHT breakfast. Do not eat more than you routinely have any other morning.
Begin a clear liquid diet after breakfast (see page 2 for a dietary list).

PLENVU may be refrigerated, but must be taken within 6 hours after it is mixed with water.

Beginning at 6:00pm Mix PLENVU by emptying Dose 1 pouch into mixing cup with 16oz water
and drink within 30 minutes. Refill container with at least 16oz of clear liquid of your choice
and drink within 30 minutes. If you feel nauseous- slow down, relax, and sip.

Day of Your Procedure:
Beginning at 6:00am Mix PLENVU by emptying Dose 2 pouches (A and B) into mixing cup with
16oz water and drink within 30 minutes. If you feel nauseous- slow down, relax, and sip.
*If you have an early arrival time, please take your second 6oz. bottle at ________AM.
Refill container with at least 16oz of clear liquid of your choice and drink within 30 minutes.
Medication Guidelines:

The morning of your procedure you may take medications for: **High blood pressure, Heart conditions, Asthma/Lung conditions, Seizures, Thyroid conditions.** *Please take these with just a small sip of water.

If you are **diabetic**, the day before your procedure you may take any oral diabetes medications as you normally do. If you take insulin, please take your regular AM insulin dose and ½ dose of any PM insulin. The morning of your procedure you should hold all diabetes medications.

If you are on any **blood thinners**, please see the list below for how long to hold your medication prior to your procedure:

- **Pradaxa, Xarelto or Eliquis** 2 days
- **Coumadin, Plavix, Brilinta, Jantoven, or Aggrenox** 5 days
- **Effient** 7 days

Hold **Iron** for 5 days prior to your procedure. This does not include Multivitamins with Iron.

You do not have to hold **Aspirin**.

Gentlemen- Please hold **erectile dysfunction medications** for 3 days prior to your procedure.

Stop any **illicit drugs** 3 days before your procedure (i.e. marijuana, cocaine, or other hallucinogens).

Dietary Guidelines: **DO NOT** begin the clear liquid diet until the day before your procedure.

**Please avoid all RED, PURPLE and BLUE colored clear liquids!**

**Examples of Allowable Clear Liquids:**

- Water (the original clear liquid)
- Crystal Light or Kool Aid
- Chicken or Beef Broth (canned or bouillion) **NO NOODLES or RICE**
- Apple, White Cranberry, or White Grape Juice. **NO ORANGE JUICE**
- Clear or Yellow Soft Drinks (Sprite, Sundrop, Ginger Ale, Mountain Dew, Sierra Mist)

Popsicles and Italian Ice (no yogurt or ice cream)
Jello- flavor suggestions: peach, lemon, lime, white grape
Gatorade or Powerade –these are excellent replacement fluids.
Tea and Coffee without creamer

NO milk, creamed soups, or crackers while you are on clear liquid diet.

**Helpful Hints to Make Your Colonoscopy Easier:**

- Wear loose, comfortable clothing, as well as socks. Please do not wear any jewelry from the chest up.
- Use pre-moistened wipes during the preparation-pat, don’t wipe.
- Use A&D Ointment or a similar product (no Vaseline) after bowel movements to reduce irritation of the anal area.
- Drinking through a straw can help with the taste of the preparation and you can get it down faster!
- Ladies- Colonoscopy can be performed during your menstrual cycle. Tampons are acceptable.
Colonoscopy FAQs:

- **What if I feel nauseous or vomit while taking my prep?**
  It is okay, as you should continue to go to the bathroom. However, if you do not have a bowel movement please call us.

- **Why can’t I have anything red, purple or blue?**
  The dyes used in food to produce these colors do not always get absorbed by the body and the residue can look like blood in your colon.

- **I can’t have any solid food after breakfast?**
  No. If your colon is not adequately cleaned out it will impair our ability to perform a complete examination and possibly result in the need for a repeat colonoscopy.

- **What if I cannot tolerate the preparation?**
  Please call the office ASAP at 704-783-1840. If it is before 5pm, the office staff can help you with alternatives. If it is after 5pm, the closed greeting provides the phone number for the on-call physician who can assist you.

- **Should I reschedule if I have a cold?**
  Yes, if you have an upper respiratory infection please call our office to cancel your procedure, as this can affect your anesthesia and the overall process of your procedure. Seven (7) days after your infection has been resolved, please call back to reschedule.

- **Why does my driver have to stay the entire time I am at the facility?**
  For your safety. Your judgment is impaired due to the sedation and you cannot make sound decisions during or after your procedure.

- **How long does it take?**
  The colonoscopy itself takes less than 30 minutes but plan on being at the facility about 2 to 2 ½ hours from arrival to discharge.

- **Does the procedure hurt?**
  Most people don’t even remember their procedure! If you experience any discomfort it is usually cramping (like gas pain).

- **When do I get the results of my test?**
  The physician will speak with you and your driver after the procedure. Biopsy results are usually available in 10-14 business days. Please sign up for our patient portal, as your results will be posted on there.

Please remember, it is very important that these instructions be closely followed for your procedure to be as safe and thorough as possible. Inadequate preparation can result in a difficult and possibly incomplete examination.

If you have any questions, please feel free to call us at (704) 783-1840.
Office Hours: Monday – Thursday from 8:00am to 5:00pm and Friday from 8:00am to 2:00pm