

Colon and Digestive Health Specialist, LLC

Phone: 770-922-7000; Fax: 770-809-3667

Plenvu Preparation Instructions

Name _____ Procedure: Colonoscopy

Appointment Date: _____ Time: _____

You will need a ride TO and FROM the Endoscopy Center. Driver must be 18 years or older and must be able to stay during the entire duration of the procedure.

Please report to 1805 Honey Creek Commons, Conyers, GA 30013.

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You will need to purchase: 4 tablets of Bisacodyl (5 mg each)- Brand name: Dulcolax 5 mg

2 days BEFORE the procedure:

- No SOLID foods, drink ONLY clear liquids for all of your meals.
- Clear liquids allowed are water, bouillon, chicken broth, black coffee, Gatorade, Jell-O, Kool Aid, strained (pulp-free) fruit juices (NO SMOOTHIES) and clear carbonated drinks.
- For list above: No red or purple dye and no dairy products.

On the day before the procedure:

At 3:00 PM, take 2 dulcolax 5mg tablets. Then, use the mixing container to mix the contents of the Dose-1 pouch with 16 oz of water or clear fluid of your choice. Shake the mixture well, drink over a course of 30 minutes.

Once finished with the mixture, drink another 16 oz of water or clear fluid of your choice over a course of 30 minutes. Continue to hydrate with clear liquids for the rest of the night.

****DO NOT DRINK OR EAT ANYTHING OTHER THAN PREP SOLUTION AFTER MIDNIGHT****

On the morning of the procedure:

5 hours before your arrival time, repeat the same steps above. You will start this at _____ and will need to complete this by _____ (4 hours before your arrival time).

Medication Restrictions:

- No blood thinners like Coumadin, Warfarin, Aspirin or Ibuprofen for 3 days prior to procedure, unless told to continue.
- No Phentermine for 2 weeks prior to procedure.
- Please continue to take any Beta Blockers & blood pressure medicines with small sip of water 2 hours prior to procedure time.
- Diabetics: Take ½ of usual dose of insulin day before procedure and NONE on the morning of procedure. Do not take any oral diabetic medication the day before appointment or the morning of. Check sugar every 6 hours-if less than 75 drink a glass of apple juice, if more than 250 please call our office.

*** If there is any nausea, vomiting, shortness of breath, chest pain, severe headache, or excessive sweating, please stop the prep and call our office. ***