

## Colonoscopy Preparation Instructions: PLENVU & Milk of Magnesia

Appt. Date: \_\_\_\_\_ Check-in Time: \_\_\_\_\_ Estimated Escort Return Time: \_\_\_\_\_

*Failure to follow these instructions may cause your procedure to be cancelled.  
Call our office @ 360-734-1420 between 8am-5pm with any questions or concerns*

### A week before procedure

- You will receive sedation for this procedure, and you must have an escort over the age of 18 to drive you home or accompany you in an Uber, taxi or public transportation. Walking or riding a bike or motorcycle is not an acceptable means of transportation regardless of escort. **Unescorted transportation is not permitted unless you take a medically approved transport service.**
- Plan to take it easy on the day of procedure. Plan not to work, drive, operate equipment, or sign any important papers until the following day. Do not drink alcohol or take sedatives on the procedure day. You can resume your normal activities the following day.
- Stop eating nuts, seeds, popcorn, corn, berries, and small grains (such as quinoa) 1 week prior to your procedure.**
- Avoid taking fish oil supplements the week prior to your procedure.
- Throughout this prep you should continue taking all your normally prescribed medications unless instructed differently.
- Check with your insurance company for authorization or deductible. Our Billing Department can assist with insurance or billing concerns.
- Pick up your prep at the pharmacy if you have not already done so.
- You may find it useful to visit our website, [www.nwgastroendo.com](http://www.nwgastroendo.com), to view educational videos, helpful hints, and frequently asked questions.

### Starting 3 days before procedure

- If you need to reschedule your procedure, please call procedure scheduling at (360) 734-1420. **Appointments cancelled less than 48 hours in advance will be subject to a no-show/late cancellation fee of \$250.**
- Continue to take a daily aspirin if you normally take one.
- Stay well hydrated. Drink up to 8 glasses of fluids throughout the day in addition to eating your regular diet.
- Avoid eating obviously greasy, oily or fried foods, and continue to avoid nuts, seeds, etc., as listed above..
- In the morning and evening, take 2 tablespoons of Milk of Magnesia both today and tomorrow.

### The day before procedure

- Follow the diet instructions in your packet.** Stop eating food at **3:00 PM**. Continue to stay well hydrated by drinking up to 8 glasses of clear liquids throughout the day in addition to drinking your preparation. **Clear liquids include water, fat-free broth, Jello, coconut water, clear fruit juices, non-cola soft drinks, coffee or tea (no milk/creamer), popsicles, clear hard candies, electrolyte drinks such as Gatorade/Powerade. Liquids that are red, purple or bright blue or have pulp are not allowed.**
- Begin drinking your prep following the instructions below.
- Begin drinking PLENVU at \_\_\_\_\_ Empty Dose 1 into the provided mixing container, fill to the line with cool water and mix by shaking with lid on for 2-3 minutes until completely dissolved. Drink 2 additional cups (16 ounces or 500 ml) of clear liquids. You may continue to drink additional clear liquids of your choice (preferably an electrolyte drink) taken at your own pace to maintain adequate hydration.
- Drinking the prep will cause diarrhea typically within 1-3 hours, though results may vary. Plan to stay close to the bathroom.
- If you become nauseated or vomit while drinking the prep, take a break and resume drinking prep when symptoms subside. Some people do better if they drink through a straw. Adjust temperature with ice, do not put the drink in the refrigerator.
- If you experience any unusual side effects, call us at **360-734-1420**.

### Procedure day

- We recommend that you start to drink Dose 2 of PLENVU (pouch A and pouch B together with water using same container) at \_\_\_\_\_ and then drink another additional 2 cups (16-ounces or 500 ml) of clear liquids. You can drink additional clear liquids after your prep until the time below.
- Take your regular medications before the time listed directly below unless instructed otherwise. **Bring your inhaler if you have one.**

**At \_\_\_\_\_ (3 hours before check-in) STOP drinking ALL liquids- this includes water. Nothing further by mouth: no hard candy, no gum and no chewing tobacco.**

- Be sure to bring your insurance card and co-pay but leave other valuables at home or in the care of your escort.
- Escorts are encouraged to remain in their vehicles when waiting at the center.** A staff member will contact your escort when your procedure is completed with further instructions. When you are ready for discharge, your escort will pick you up at the back of the building in one of the designated parking spots.
- Our address is 3111 Woburn St., Suite 101, Bellingham WA. Enter through the main front door and head downstairs to NW Endo front desk for check in

## Instructions for Larger Volume Prep

Depending on your insurance, the preparation selected for you may not be covered and/or may be more expensive than an alternate such as NuLYTELY, GoLYTELY, Peg 3350 or another 4-liter prep. The prescription you were given allows the pharmacy to substitute to the less expensive option. Be aware that the less expensive option is 4 times the amount of liquid to drink. If you use the 4 liter prep, you will drink *half* the container the evening before your procedure and the other *half* on your procedure day. Please follow these instructions:

Mix the solution with 4 quarts of warm water. Shake well until all the powder is dissolved. Plan to drink the first half of the prep approximately 6-8 hours before you plan to go to bed. Drink an 8-ounce glass every 15 minutes until half the prep is gone. On your procedure day, start drinking the remaining prep 6 hours before your check-in time at NW Endoscopy Center. Follow the rest of the instructions on the prep form you were given. If you start to get nauseous while drinking the prep, slow down. You may want to drink the prep with a straw. You can also flavor the prep with the packets provided or use Crystal Light.

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### Additional Instructions

**Diabetic patients-** please follow the guidelines below unless you've been instructed otherwise by your doctor:

- If you take an oral medication or a standing insulin dose, take  $\frac{1}{2}$  your normal dose the evening prior to your procedure and hold your normal dose until after your procedure.
- If you take a sliding insulin dose, take as needed the day prior to your procedure and hold until after your procedure.
- If you have an insulin pump, please follow instructions provided by your doctor.

**Special instructions:**