

# Colon Prep : PLENVU Split

**DOCTOR:** Dr. Chua Dr. Cuschieri Dr. Ghorai Dr. Hawkins Dr. Loura Dr. Mu Dr. Schreiber Dr. Slosberg

| Calendar Dates   |   |  |  |
|--|---|--|--|
| 5 DAYS PRIOR:<br>General instructions  | 5 DAYS PRIOR:<br>Medical Instructions   | 1 DAY PRIOR:<br>(Drink One 16 oz. Jar)   | PROCEDURE DATE:<br>(Drink One 16 oz. Jar)  |
| <p>Last chance to cancel appointment or you will be charged a <b>NO SHOW FEE</b> of \$250.</p> <p>Check with insurance in advance to see if you need a referral or pre-approval for your procedure.</p> <p>Arrange childcare, as children should not be brought to the endoscopy center.</p> <p>Secure a <b>driver</b> for the procedure day, as it is unsafe to drive for 12 hours after the procedure.</p> <p><b>SUPPLIES:</b></p> <ul style="list-style-type: none"> <li>• PLENVU (prescription)</li> <li>• Dulcolax (Bisacodyl) 4 5mg tablets (OTC)</li> <li>• MiraLAX (OTC), optional</li> <li>• Fleet enema (OTC), optional</li> </ul> | <p><b>From This Day On, Until The Procedure:</b><br/><b>TURN PAPER OVER FOR LOW FIBER DIET</b></p> <p><b>STOP:</b> _____</p> <p><b>For</b> _____ days before procedure.</p> <p>Stop taking oil supplements, oil capsules, iron pills, as this makes it difficult to cleanse the bowel.</p> <p>If you are diabetic or if you're taking blood thinners and you did not receive specific instructions regarding your medications, please call the office. Blood thinners include Plavix, Effient, Warfarin (Coumadin), Pradaxa, or Xarelto, etc.</p> <p>If you have implantable cardiology devices (defibrillator or pacemaker), notify the office as a device clearance is needed from your cardiologist.</p> <p>You may take OTC MiraLAX one dose in a 8 oz. glass of water up to 3 times per day as needed to maintain daily soft BMs. You may also use your usual laxatives as needed.</p> <p><b>If you have severe constipation, call the office for advice (425) 259-3122.</b></p> | <p><b>DO NOT FOLLOW INSTRUCTIONS INSIDE/ON THE BOX</b></p> <p><b>Entire Day:</b> Clear liquid diet only (no solids foods!): clear fruit juice without pulp such as apple juice, white grape juice, broth, Gatorade (No Gatorade Frost), popsicles, coffee or tea without cream. Small amount of Jell-O is OK. No milk, red, blue, or purple colors.</p> <p><b>If you take diabetes medicine:</b> Refer to the instruction sheet "Colonoscopy Patients with Diabetes".</p> <p><b>4 PM:</b> Take 4 tablets of Dulcolax (Bisacodyl) 5mg (OTC)</p> <p><b>6 PM</b><br/><b>PLENVU DOSE 1</b></p> <p>Use the mixing container to mix the contents of Dose 1 pouch with 16 oz. of water by shaking until it's completely dissolved. Taking your time, slowly finish the dose within 30 minutes. Rinse your container. You must drink 16 oz. of water over the next 30 minutes to stay hydrated.</p> <p><b>What to expect:</b> It may take several hours before you have multiple bowel movements. Expect lots of diarrhea.<br/>*This is normal*</p> <p><b>NO ALCOHOL</b></p> | <p>Early morning: take your <b>usual prescribed medication</b> except for blood thinners, insulin or oral hypoglycemic, unless told otherwise by your doctor.</p> <p><b>SIX HOURS PRIOR TO YOUR CHECK IN TIME</b><br/><b>PLENVU DOSE 2 (POUCH A &amp; B)</b></p> <p>Use the mixing container to mix the contents of Dose 2 (Pouch A &amp; B) with 16 oz. of water by shaking until it's completely dissolved. Taking your time, slowly finish the dose within 30 minutes. Rinse your container.</p> <p>Refill the container with 16 oz. of water. Again, taking your time, slowly finish all of it within 30 minutes.</p> <p><b>FOUR HOURS PRIOR TO YOUR APPOINTMENT TIME STOP DRINKING ALL LIQUIDS.</b></p> <p><b>AGAIN, be sure to bring:</b></p> <ul style="list-style-type: none"> <li>• Medication list</li> <li>• A driver</li> <li>• Photo ID/Insurance card</li> <li>• Eyeglasses/Hearing aids</li> </ul> <p>You <b>CANNOT</b> drink alcohol or drive for 12 hours after the test.</p> |

**CPT Codes:** Colonoscopy 45378-45385; **ICD-10 codes:** screening Z12.11; Hx Polyps Z86.010; Fx Polyps Z83.71; Fx Colon CA Z80.00; Other: \_\_\_\_\_