

DIGESTIVE DISEASE SPECIALISTS
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PATIENT INSTRUCTIONS FOR COLONOSCOPY

INSURANCE: _____	DATE OF SERVICE: _____
DEDUCTIBLE: _____	CHECK IN TIME: _____
MAX: _____	AMOUNT DUE: _____
PROCEDURE CODES: _____	DUE DATE: _____
DIAGNOSIS: _____	SURGICAL FACILITY: _____

- **MEDICATIONS**

If you take any blood thinners or antiplatelet/anticoagulation medications such as Aspirin, Eliquis (Apixaban), Pradaxa (Dabigatran), Savaysa (Edoxaban), Arixtra (Fondaparinux), Lovenox (Heparin, Fragmin, Innohep), Xarelto (Rivaroxaban), Warfarin (Coumdin, Jantoven), Plavix (Clopidogrel), Persantine (Dipyridamole), (Prasugrel), Brilnata (Ticagrelor), Zontivity (Vorapaxar) or similar medication, please ask your doctor for instructions on how to take these drugs prior to your procedure, as you may need to hold them for 2-7 days prior to your procedure.

Oral diabetic medications and regular insulin should be stopped the day before the procedure.

ALL OTHER MEDICATIONS ARE OKAY TO CONTINUE TAKING - PLEASE DO NOT TAKE WITHIN ONE HOUR OF PREP

Tylenol (acetaminophen) may be taken.

If you are unsure about a specific medication, please ask your doctor

- **DIET**

On the day prior to your colonoscopy, you should consume clear liquids only. Do not drink anything you cannot see through.

Clear liquids include: tea, diluted coffee, Jell-O, bouillon, 7up, ginger ale, water, apple juice, Gatorade, and popsicles.

Avoid the color red and purple, milk, orange juice, grape juice, and other non-clear liquids.

DO NOT eat anything the day of the colonoscopy!

- **PREP RX**

A prescription for the cleansing solution (**PLENVU**) was sent electronically and should be purchased at your local pharmacy.

PLENVU comes with three pouches: Dose 1 (one pouch) and Dose 2 (pouch A and pouch B). It is in powder form, so it needs to be mixed with water. The solution may be refrigerated, but must be consumed within 6 hours of mixing.

- **PREP DIRECTIONS**

****PLEASE FOLLOW OUR INSTRUCTIONS FOR THE PREP ADMINISTRATION—NOT THE INSTRUCTIONS FOUND IN THE PREP PACKAGING****

If scheduled for a morning procedure, please refer to 4a. If scheduled for an afternoon procedure, please refer to 4b.

a. The day prior to the procedure, at about 12 noon, use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it is completely dissolved. This may take a few minutes. Take your time, slowly finish drinking the solution within 30 minutes. Refill the container with at least 16 ounces of clear liquid and finish within 30 minutes. This is a *necessary* step to ensure adequate **hydration**. If you become nauseated or vomit some of the solution, wait for 30 minutes, the restart drinking the remaining solution again at a slower pace.

Repeat the same process 3-6 hours later. To finish Dose 2, use the mixing container to mix the contents of pouch A and pouch B with at least 16 ounces of water and finish within 30 minutes. Refill the container with at least 16 ounces of clear liquid and finish within 30 minutes.

b. The day prior to the procedure, about 6 hours before bedtime, use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it is completely dissolved. This may take a few minutes. Take your time, slowly finish drinking the solution within 30 minutes. Refill the container with at least 16 ounces of clear liquid and finish within 30 minutes. This is a *necessary* step to ensure adequate hydration. If you become nauseated or vomit some of the solution, wait for 30 minutes, the restart drinking the remaining solution again at a slower pace.

Repeat the same process the morning of your procedure- you must be completed 4 hours before your procedure.

To finish Dose 2, use the mixing container to mix the contents of pouch A and pouch B with at least 16 ounces of water and finish within 30 minutes. Refill the container with at least 16 ounces of clear liquid and finish within 30 minutes.

IF YOU ARE SCHEDULED FOR AN EGD AS WELL, please be finished 6 hours before check in.

- **DIET**

DO NOT eat or drink anything after midnight the day of your procedure (or after you finish drinking the cleansing solution the day of the procedure). You may have water the night before. The medications you need to take must be taken at least one hour before you start drinking the cleansing solution. If you have diabetes and your blood sugar level is low, you may drink regular (non-diet) clear soda, such as 7up or Sprite.

- **CHECK IN**

Arrive at the facility admitting one hour prior to your scheduled procedure.

Get to admitting through the main door of the facility. Be prepared to stay at the facility for 2 ½ to 3 hours total.

- **TRANSPORTATION**

You must have someone drive you home after the procedure, as you will not be able or permitted to drive until the next day.

- **QUESTIONS**

If you have any questions or problems regarding the procedure or preparation, please call us at (928) 445-4066.

If you must cancel, please call us as soon as possible, preferably 48 hours before your scheduled procedure.

IMPORTANT NOTE: Please note that this office does not and cannot possibly guarantee that your insurance will cover scheduled procedures. We believe your procedures(s) are medically necessary. For more information, please check with your insurance about coverage for procedure CPT code(s). Your insurance's telephone number(s) are listed on your cards.