

# Island View Gastroenterology Associates

[www.islandviewgastro.com](http://www.islandviewgastro.com)

CALL OR TEXT 805-641-6525

## PLENVU - COLONOSCOPY PREPARATION

The doctor has requested that you undergo an examination to visualize your entire colon.

**\*BLOOD PRESSURE MEDICATION MUST BE CONTINUED\***

SEVEN(7) DAYS PRIOR TO THE PROCEDURE STOP TAKING NSAIDS(e.g. ASPIRIN, IBUPROFEN OR NAPROXEN) OR BLOOD THINNERS(e.g. PLAVIX, COUMADIN, WARFARIN or FISH OIL)

*\*UNLESS OTHERWISE STATED BY YOUR DOCTOR\**

\* Tylenol Extra Strength OKAY to take to replace ASPIRIN MEDICATIONS\*

\*AVOID SEEDS, NUTS AND CORN 2 DAYS PRIOR TO YOUR PROCEDURE\*

**Your colonoscopy is scheduled on \_\_\_\_\_ Please Check In at: \_\_\_\_\_ A.M./P.M.**

Please check in at:

- Ventura Endoscopy Center (VEC)**-5810 Ralston St. Suite 101, Ventura, CA 93003
- Community Memorial Hospital (CMH)** - 147 N. Brent St. Ventura, CA 93003 (Mountain Tower)
- Ventura County Medical Center (VCMC)** -300 Hillmont Ave. Ventura, CA 93003 (Admitting)

## **Preparation for Procedure**

**The prescription was sent out electronically to your pharmacy.**

**Pick up in the next 2-3 day from today.**

DAY BEFORE PROCEDURE: (part 1)

1. The day before the procedure you are allowed clear liquids such as broth, tea, light color soft drinks, coffee without cream, or Jell-O (EXCEPT RED JELL-O OR RED LIQUIDS).
2. At 5:30pm take 1 Reglan (Pliva Metoclopramide) tablet. It is an anti-nausea medication, which will help to keep you from getting sick from all your prep.
3. At 6:00 p.m . Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounce of water by shaking or using a spoon until it's completely dissolved. Take your time - slowly finish the dose within 30 minutes.

4. Drink 2 more 16 oz glasses of water within an hour.
5. We recommend that you drink at least 2 glasses of clear liquids every hour until you retire to bed. If you do not have diabetes we recommend gatorade.

THE DAY OF THE PROCEDURE: (4 hrs. prior to your check in time)

6. At \_\_\_\_\_ a.m. drink Plenvu, by using a mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 oz. of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time - slowly finish the dose within 30 minutes.
7. Drink 2 ore more 16oz glasses of water within an hour.
8. STOP DRINKING LIQUIDS AT LEAST 3 OURS BEFORE YOUR CHECK IN TIME.

**No fluids 4 hours before your procedure time.**

**VERY IMPORTANT-YOU MUST HAVE TRANSPORTATION. AS YOU WILL BE SLIGHTLY SEDATED AND UNABLE TO DRIVE!! NO UBER/LYFT/TAXI/PUBLIC TRANSPORTATION UNLESS ACCOMPANIED BY A RESPONSIBLE ADULT (18YRS).**

**\*YOU WILL BE THERE FOR APPROXIMATELY 2 ½ HRS FROM YOUR CHECK IN TIME\***

#### **During the Procedure**

You will change into a hospital gown and be given medication intravenously to make you sleepy. When relaxed properly, the colon scope tube will be placed into the rectum and maneuvered through the lower bowel. You may feel some bloating and occasional cramping during the procedure, but all efforts will be made to minimize discomfort. If there are any questions of abnormality, a biopsy (thin piece of tissue) will be taken for microscopic examination. If a polyp (mushroom-like growth) is identified, this will be removed and sent to Pathology for further examination.

#### **After the Procedure**

As soon as the scope is removed, you may feel the need to pass gas from the rectum. This is entirely normal, as considerable amounts of air have been trapped in the bowel during the examination. There is often bloating and cramping for an hour or two after the test until the gas has passed. It is very important that you make arrangements to have someone bring you to the Center /Hospital and take you home. Some people are very sleepy and confused after the exam and forget instructions or findings given by the doctor. If you are unsure about any information given to you, please call the office for a brief follow-up appointment or leave a number where the doctor can return your call.

If biopsies are taken, we usually call patients within 7 days with the results. If you do not hear from us, please call our office 641-6525 at least 7 days after the procedure for the results.

**PLEASE NOTE: If a biopsy is taken, you will be billed separately by the hospital or laboratory.**

**Thank You!**