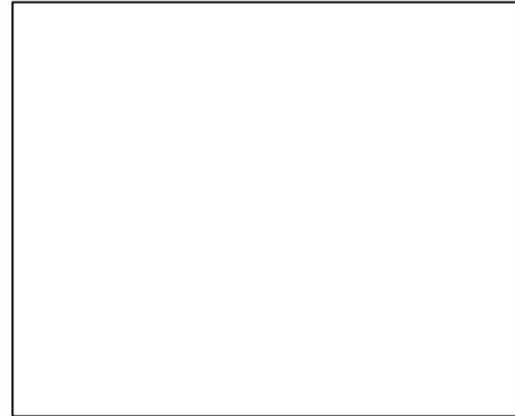




www.IslandViewGastro.com

CALL OR TEXT 805-641-6525



PLENVU - COLONOSCOPY PREPARATION

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

Your colonoscopy is scheduled on _____

Please Check In at: _____

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)

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)

* Tylenol Extra Strength OKAY to take to replace ASPIRIN or IBUPROFEN MEDICATIONS*
UNLESS OTHERWISE STATED BY YOUR DOCTOR

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

Preparation for Procedure

The prescription was sent out electronically to your pharmacy.
Pick up in the next 2-3 day from today.

THERE WILL BE
INSTRUCTIONS ON
THE PREP'S BOX.
DO NOT USE THEM.



Examples of clear liquids: NOTHING RED

- Water
- Coffee and tea (no cream, milk or dairy)
- Light-colored or clear juices
- Sports drinks
- Chicken, beef, or vegetable broth
- Clear sodas
- Dye-free Jello and gelatin

Your prep is one of the most important parts of your colonoscopy. Without a good prep- your bowel empty and clean- your gastroenterologist will not be able to see your colon clearly. This could lead to missing a polyp or rescheduling your colonoscopy.

DAY BEFORE PROCEDURE: (Part 1)

1. The day before the procedure you are allowed clear liquids. NO SOLID FOODS THE ENTIRE DAY BEFORE.
2. At 6:00 p.m . 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's completely dissolved. Take your time - slowly finish the dose within 30 minutes.
3. Drink 2 more 16 oz glasses of water within an hour.
4. 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: (Part 2) NO SOLID FOODS

5. At ____ AM 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.
6. Drink 2 more 16oz glasses of water within an hour.
7. STOP DRINKING LIQUIDS AT LEAST 4 HOURS BEFORE YOUR COLONOSCOPY.

No fluids 4 hours before your arrival 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 colonoscopy 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.

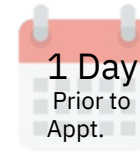
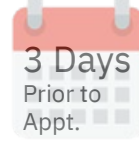
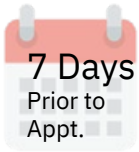
If biopsies are taken, we usually call patients within 2 weeks with the results. If you do not hear from us, please call our office 641-6525 at least 2 weeks after the procedure for the results.

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

Thank You!

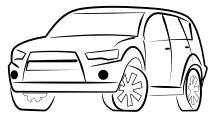


My Colonoscopy Prep Calendar



- Be sure you have picked up your .prescription
- Read your instructions Call IVGA if you have questions.
- Stop taking blood thinning medications. Asprin, Ibuprofen, Naproxine, Plavix, Coumadin, Warfarin and Fish oil

- Confirm with the person who is providing your ride home. You must have ride home as you will be receiving sedation (NO TAXIS, Lyft, or Uber by yourself). Please inform your escort that the visit will take 2 ½ -3 hours.



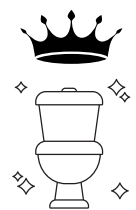
- If you are having your procedure done at CMH or VCMC time to get your COVID test.

- Stop eating nuts, corn, and seeds
- If you are unable to make your appointment please call, 805-641-6525. IVGA requires 72 hours notice for cancellations

- NO SOLID FOOD, no dairy, juice with pulp, alcoholic beverages, and nothing red, orange, or purple in color.
- ONLY clear liquids allowed: Sports Drinks (no red, orange, or purple), apple juice, white grape juice, ginger ale, clear broth/bouillon, water, coffee/tea without milk, clear carbonated beverages, Jell-O, popsicles, and Italian Ice. To stay hydrated, drink at least 8 glasses of clear liquid in addition to the bowel prep.

- Start your prep. Follow the instructions.
- Take your seat at your thrown. You will have diarrhea. Pro Tip- Use wet ones and a rash ointment usually helps. You can also apply vaseline around the rectum.

- Please *take* your morning medications with a sip of water at least 4 hours prior to your procedure time.
- Finish your prep, per the instructions.
- Stop drinking all liquids including the bowel prep 4 hours before you are due to arrive at the facility.



Check each box daily to ensure proper prep

