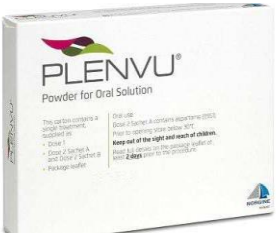





Akron Digestive Disease Consultants, Inc.
Colonoscopy Prep Instructions – PLENVU - Split Dose Prep
PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED

5-7 DAYS PRIOR	3 DAYS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<p>Take your PRESCRIPTION to the pharmacy and purchase:</p>  <p>Read over approved clear liquid list in advance to allow yourself time to stock up on these items for your preparation days.</p>  <p>If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban) or Pradaxa (dabigatran), Eliquis (apixaban), Aggrenox (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication. Aspirin may be continued.</p> <p>STOP all fiber supplements or medications containing iron 7 days before your appointment. This includes multi-vitamins with iron, Metamucil, Citrucel and Fibercon.</p> <p>Arrange for a driver on the day of your procedure.</p>	<p>STOP consuming all high fiber foods/roughage.</p> <ul style="list-style-type: none"> • NO raw vegetables • NO corn (raw or cooked) • NO whole wheat or high fiber breads • NO nuts or popcorn • NO bran or bulking agents <p>Confirm that you have a driver for the day of the procedure.</p> <p>A taxi or bus is NOT allowed unless you are accompanied by a family member or friend.</p> <p>Review paperwork and sign</p> <ul style="list-style-type: none"> • Multi-authorization • Notice of Privacy Practices 	<p>NO SOLID FOOD NO ALCOHOL Clear liquids ALL DAY</p> <p>AVOID anything red or purple in color. NO milk products or non-dairy creamer. SEE ATTACHED LIST OF CLEAR LIQUIDS</p> <p>DIABETICS: Do NOT take oral medication DIABETA, GLUCOPHAGE, METFORMIN or JANUVIA Take ½ of your regular insulin dose</p> <hr/> <p style="text-align: center;">AT 5:00 PM</p> <p>TAKE DOSE ONE:</p> <p>-Use the mixing container to mix the contents of the Dose 1 pouch with 16 ounces of water by shaking or using a spoon until it's completely dissolved. This will take 2-3 minutes.</p>  <p>-Take your time-slowly finish the dose within 30 minutes. -Follow with 16 oz. of clear liquid of your choice.</p>  <p>Continue on clear liquids until bedtime.</p>	<p>NO SOLID FOOD NO ALCOHOL</p> <p>DIABETICS: Do NOT take oral medication DIABETA, GLUCOPHAGE. METFORMIN or JANUVIA</p> <p>- If you are Insulin dependent, do not take your morning dose of insulin.</p> <p>- You must check your blood sugar before leaving home. If your level is above 300, please take your Regular insulin according to your sliding scale.</p> <p>- Please bring your insulin with you to procedure center. -All patients may take morning medications with sips of water. At _____:</p> <p>4 hours prior to your procedure:</p> <p>TAKE DOSE TWO:</p> <p>-Use the mixing container to mix the contents of Dose 2(Pouch A and Pouch B) with 16 ounces of water by shaking or using a spoon until it's completely dissolved. This will take 2-3 minutes. -Take your time- slowly finish the dose within 30 minutes. -Follow with 16 oz. of clear liquid of your choice. You may continue to drink water until: 3 HOURS PRIOR to procedure.</p> <p>Drinking liquids within these 3 hours will cause us to cancel or postpone your procedure.</p>

A Colonoscopy has been recommended to you. This examination involves guiding a tubular, flexible instrument through the rectum and into the entire colon. The preparation for the procedure is IMPORTANT. It does cause diarrhea and possibly abdominal cramping.

CLEAR LIQUIDS – No RED or PURPLE

Must be something you can see through...



- Gatorade or PowerAde
- Clear broth or bouillon – chicken or beef
- Coffee or Tea (*no milk or non-dairy creamer*)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Crystal Light
- Strained Fruit Juices (*no pulp*)
- Jell-O, Popsicles, or Italian Ice

DON'T FORGET - these foods are **NOT ALLOWED!**



- Milk or milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit or Tomato Juice
- Creamed Soups or any soup other than broth
- Oatmeal
- Cream of Wheat

Colon Cleansing Tips

- You may use over the counter hydrocortisone creams, tucks pads or baby wipes as necessary for skin irritation. Be sure to get alcohol free!
- Chill the solution in refrigerator or by placing in a bowl of ice. DO NOT add ice to the solution.
- Stay near the toilet! You will have diarrhea, which can be quite sudden...this is normal!
- If you experience nausea or vomiting, rinse your mouth with water and take a break ☺ Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.
- It is common to experience abdominal discomfort until the stool has flushed from your colon.
- Some find it easier to drink through a straw.
- Eventually your stools will be liquid, and clear enough to see the bottom of the toilet.
- If you feel for any reason your prep is not working, please be sure to call us so we can assist you in completing the prep process.
- **EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID – YOU MUST DRINK ALL OF THE PREP!**

THINGS TO BRING WITH YOU!

- ✓ A RESPONSIBLE DRIVER
- ✓ YOUR INSURANCE CARDS
- ✓ A PHOTO ID
- ✓ SIGNED PAPERWORK FOR FACILITY