



**PREPARATION INSTRUCTIONS FOR COLONOSCOPY
with PLENVU**

NAME: _____ CHART #: _____ DR: _____

DATE: _____ ESTIMATED ARRIVAL TIME: _____

FACILITY	LOCATION
NWFL GASTRO SURGERY CENTER	204-B EAST 19 th STREET
BAY MEDICAL CENTER	2 ND FLOOR REGISTRATION
GULF COAST MEDICAL CENTER	OUTPATIENT SURGERY CENTER
JACKSON HOSPITAL	MAIN (FRONT) ENTRANCE

Arrange a ride: You will be given medication that makes you sleep. You will not be able to drive yourself and will need to make arrangements for a family member, friend, or transport system to drive you home following your procedure. You WILL NOT be allowed to drive yourself home.

Do these things 10 DAYS BEFORE the procedure:

Have prescription filled at your pharmacy.

Do these things 3 DAYS BEFORE the procedure:

Stop taking NSAIDS (ibuprofen, Advil, Midol, Excedrin, Bayer, Celebrex, Mobic, Diclofenac, Naproxen)

Stop taking Vitamin B, Gingko, Ginger, Fish Oil, Iron, and Iron-containing vitamins, Garlic, etc.

Stop taking Fiber supplements such as Metamucil, Fibercon, Benefiber, etc.

TYLENOL or Acetaminophen is OKAY

Do these things 2 DAYS BEFORE the procedure:

Begin a low-residue (soft) diet. See attached sheet.

IF diabetic, see an attached sheet.

The DAY BEFORE the procedure: * DO NOT EAT *

Start a strict LIQUID DIET. See attached sheet. Again, it is important to not eat solid food!

To help prevent dehydration, it is important to drink plenty of liquids before, during & after today's colon prep.

6:00 pm - Empty contents of dose 1 into the mixing container. Mix solution thoroughly and drink all of the liquid from the bottle. Using the cup provided, drink 5 cups of water over the next hour. Continue regular liquids. You may drink clear liquids until midnight.

The DAY OF the procedure: * DO NOT EAT *

Five (5) hours before your arrival time, empty contents of dose 2A and dose 2B into the mixing container. Mix thoroughly and drink all the liquid from the bottle. Using cup provided, drink 3 cups of water over the next hour.

Four (4) hours before take blood pressure, heart, seizure, breathing, anti-reflux, thyroid, or mental health medications as prescribed with no more than 2 oz of water. ***** DO NOT EAT OR DRINK AFTER THIS POINT *****

BRING PICTURE ID , INSURANCE CARD, & CURRENT LIST OF MEDICATION.