



## COLONOSCOPY PROCEDURE INSTRUCTIONS

### Plenvue 1-Day Prep

**Physician:** Dr. Pointer // Dr. Sharma

**Facility:** Southern Endoscopy Center  
330 Wallace Rd, Suite 103  
Nashville, TN 37211  
Phone: (615) 832-5530

**Date of Procedure:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

**\*FAILURE TO FOLLOW INSTRUCTIONS WILL RESULT IN A  
CANCELLATION AND YOUR PROCEDURE WILL BE  
RESCHEDULED\***

### Your Bowel Preparation and Colonoscopy At a Glance

**Your prep is a ‘split dose’ prep. What is a ‘split’ colonoscopy prep?**

Many doctors offer a “split” prep, meaning patients take half of their prep the night before the colonoscopy and the other half the morning of the procedure.

Prepping this way is better for patients and allows the doctor to see the inside of the colon more clearly. For example, at 5 p.m. the night before the colonoscopy, you would drink 8 ounces of the already mixed prep and continue to drink 8 ounces every 10 to 15 minutes until the bottle is half empty. On the morning of the procedure (five hours before arriving at the doctor’s office), you do the same thing as the night before, until the remaining solution is gone.

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<b>CLEAR LIQUID DIET</b>
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A clear liquid diet means NO solid food, milk, milk products, or liquids that have pulp in them. Clear liquids are liquids that you can see through.

Please avoid clear liquids that are red, orange, blue, or purple.

This includes:

- Water
- Jello
- Clear broth (without pulp, fat, noodles, beans, vegetables, or meat)
- Coffee or tea (without cream)
- Sports drinks (not red, blue, orange, or purple)
- Clear sports drinks, sodas
- Popsicles

Foods to AVOID:

- ALL SOLID FOODS
- Meats
- Vegetables
- Fruit
- Avoid fiber, nuts, seeds, oats, and granola for 7 days before your procedure.

Medications:

- Blood thinners
  - You will be contacted within 9 days with instructions on when to stop this
- STOP all fiber and iron supplements for 7 days before your procedure
- NSAIDS- STOP taking AT LEAST 7 days before your procedure (common names: Aspirin, Aleve, Motrin, Ibuprofen, Advil, Excedrin, BC powder, Meloxicam, and Diclofenac)
- Blood pressure medications- DO NOT STOP this, you can take them the morning of
- Diabetic medications- UNLESS otherwise instructed by your primary care or endocrinologist
  - Type 2 diabetes:
    - The morning before (when you start clear liquids) take HALF the usual dose of your diabetes medications, including both oral medications and insulin
    - The morning of your procedure: DO NOT take ANY oral diabetes medications such as glipizide or pioglitazone. YOU CAN continue oral metformin.
    - PLEASE CHECK YOUR BLOOD SUGAR THE MORNING OF.
- Diuretics/water pills- Please HOLD on the day before your procedure and resume after your procedure, that same day.
  - These may be named: furosemide, hydrochlorothiazide, triamterene/HCTZ
- **GLP-1 Medications- HOLD** for 7 days before your procedure
  - Semaglutide (Ozempic), Rybelsus, Trulicity (Dulaglutide), Saxenda, Bydureon, Victoza (Liraglutide), Byetta (Exenatide), Wegovy, Mounjaro (Tirzepatide), Albiglutide (Tanzeum), Adlyxin (Lixisenatide), Zepbound, Phentermine + topiramate (Qsymia), Phentermine (Adipex-P, Lomira, Fastin, Phentercot
- Others- PLEASE TAKE any thyroid, seizure, anti-anxiety, antipsychotic medications, and aspirin 81mg as normal.

WHAT TO BRING:

- Insurance card
- Photo ID
- Medication list
- Co-payment \*due at time of service, NO EXCEPTIONS
- **DRIVER- must be 18 years or older.** You MAY NOT use Uber, Lyft, Medride, or a taxi unless a friend or family member comes with you IN ADDITION to the driver.

**Preparation quality is your responsibility—you must follow these instructions. The effectiveness of your colonoscopy in finding polyps and preventing cancer is largely dependent upon your excellent colon preparation. Failure to take the prep as indicated below may result in a poorly cleansed colon and possible cancellation or rescheduling of the procedure.**

#### **5-7 days before colonoscopy**

- Pick up a small box of Dulcolax AND a box of simethicone tablets
- Pick up your Plenvue prep, if you have not already gotten from the office.
- Pick up everything needed for your clear liquid diet.
- Read all pages provided and call our office if you have any questions (number listed above).
- Make arrangements to have someone drive you to the procedure, stay with you in the center until your procedure is complete, and take you home afterward. You will not be allowed to leave the facility by yourself for your safety. You cannot drive for 12 hours after the procedure.

#### **The day before the procedure**

When you wake up, start a **CLEAR LIQUID DIET**. **NO SOLID FOODS**. Mix bowel prep and refrigerate.

3 p.m. Take **FOUR** Dulcolax tablets (5mg each) with water

5 p.m. - 8 p.m. Take 2 Simethicone tablets

1. Use the mixing container provided to mix the contents of the **PLENVU®** pouch labeled Dose 1 with at least 16 ounces of water by shaking or using a spoon until the contents are completely dissolved. This may take up to 2 or 3 minutes.
2. Take your time—slowly drink and finish the dose within 30 minutes. If you feel like you have severe stomach pain or discomfort, you can stop taking **PLENVU®** for a short time and then continue taking it, or you can take smaller sips of **PLENVU®** so that you space out your dose longer than 30 minutes. If you still have severe stomach pain, call your healthcare provider.
3. Refill the same container with at least 16 ounces of clear liquid. Again, take your time but try to finish all of it within 30 minutes.

8 p.m. - midnight You may have a **CLEAR LIQUID** diet until midnight, Drink additional fluids to stay well hydrated.

<b>Day of procedure</b>
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After midnight: **NOTHING BY MOUTH. THIS INCLUDES TOBACCO, CANDY, GUM, AND MINTS.** \*You can **ONLY** have the prep and water the day of the procedure\*

Morning of procedure: **5 HOURS BEFORE YOUR PROCEDURE-**

- Take 2 simethicone tablets
- Drink the remainder of the bowel prep as directed below.
  - a. Use the mixing container provided to mix the contents of PLENVU® Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until they're completely dissolved. This may take up to 2 or 3 minutes.
  - b. Take your time—slowly drink and finish the dose within 30 minutes.
  - c. Refill the same container with at least 16 ounces of clear liquid.

The **ENTIRE** container **MUST** be consumed at least 2 hours before your procedure, and you **MUST** no longer drink water 2 hours before the scheduled procedure time.

**At this point, YOU CAN NOT HAVE ANYTHING ELSE TO DRINK UNTIL AFTER YOUR PROCEDURE.**

**You will be sedated for this procedure and will not be able to drive, operate machinery, make important decisions, or return to work. Plan to spend up to 4 hours at the facility, times can vary from 45 minutes to 4 hours. You MUST have a driver that is 18 years or older and they will be required to stay at the facility the entire time. They will be required to sign you out at the end of the procedure. If you do not have a driver, your procedure will be rescheduled.**