

## Plenvu Bowel Preparation Instructions – Afternoon Exams

### **DO NOT follow the instructions on the box.**

You are scheduled for a colonoscopy with Dr. \_\_\_\_\_ on \_\_\_\_\_.

Your scheduled time is \_\_\_\_\_, but please arrive at \_\_\_\_\_.

- Fort Sanders Regional Hospital. Please see patient services center in the main lobby.
- Centers for Advanced Medicine (CAM). Suite 218, on second floor.
- LeConte Medical Center in Sevierville. Go in the front door to registration desk.

### Medications

- You may take your heart, blood pressure, seizure, thyroid, and reflux the morning of your procedure.
- **Do NOT take blood thinners including: Coumadin® (warfarin); Plavix® (clopidogrel); Brilinta (Ticagrelor); Ticlid® (ticlopidine hydrochloride); Aqrylin® (anagrelide); Xarelto® (Rivaroxaban); Pradaxa® (Dabigatran); Eliquis® (Apixaban); Effient® (Prasugrel); and Aspirin. Stop Medication \_\_\_\_\_.**

### If you are diabetic:

- If you take a pill to lower your sugar, do not take it on the day of your procedure.
- If you are taking regular insulin®, do not take it on the day of your procedure.
- If you are taking long-acting insulin (NPH), take half of your prescribed dose on the morning of the procedure.
- If you are taking any other insulin preparation, such as Lantus®, Humalog® or 70/30 insulin, contact your prescribing physician for instructions.

### Seven (7) days before your colonoscopy

- If you experience constipation, begin Miralax 1 to 2 times a day, 7 days prior to your scope.

### Five (5) days before your colonoscopy

- Do **NOT** take medicines that stop diarrhea, such as loperamide (Imodium®), Kaopectate® or Pepto-Bismol®.
- Do **NOT** take fiber supplements, such as Metamucil®, Citrucel®, or Perdiem®.
- Do **NOT** take products that contain iron, such as multivitamins, ferrous sulfate, iron supplements, etc.
- Do **NOT** take Vitamin E.

**Three (3) days before your colonoscopy:** No Fibrous Foods or Drinks **\*\* Please refer to chart labeled CHART 1 \*\***

### One (1) day before your colonoscopy

- **Do NOT eat any solid foods.** Drink at least 8 ounces of clear liquids every hour after waking up. **\*\* Please refer to chart labeled CHART 2 \*\***

### Part 1 at 5 PM on the evening before your colonoscopy

1. Pour one (1) dose into a 16 ounce container or larger. Add enough water to make 16 ounces and stir until completely dissolved. Drink one (1) glass every 10-15 minutes for a total of 30 minutes.
2. Following the first dose, drink an additional 16 ounces of water over the next 30 minutes.
3. You may continue to drink clear liquids until midnight.

### Part 2: Seven to Eight (7-8) hours before your colonoscopy on the day of your procedure:

1. Pour contents of dose two (2) into a 16 ounces container or larger. Add enough water to make 16 ounces and stir until completely dissolved. Drink one (1) glass every 10-15 minutes for a total of 30 minutes.
2. Following the second dose, drink an additional 16 ounces of water over the next 30 minutes.
3. You may continue to drink clear liquids up to 4 hours before your exam.

**If you have any questions or need to cancel/reschedule your appointment, please call 865-523-6418.**

<b>Chart 1</b>	
<b>Ok To Eat</b>	<b>Avoid These Foods</b>
Creamy Peanut Butter, Butter, Margarine, Mayonnaise, Salad Dressing without nuts, Cheese, Yogurt, Sour Cream, Buttermilk, Cream, Hot Chocolate	Nuts, Seeds, Rice, Whole Grain, Chili, Lentil, Dried Beans, Corn, Pea, Legumes, Lima Beans, Tough Meat with Gristle
Broth, bouillon, Consommé, Strained Soups, Milk, Custard, Plain pudding, Ice Cream, Jell-O, Cookies Without Nuts, Coffee, Tea, Hot Chocolate, Clear Fruit Drinks, Soda, Boost or Ensure without Fiber, Sugar, Salt, Jelly, Honey, Syrup, Lemon Juice	Raw Fruits, Cooked or Canned Fruit with Seeds or Skin, Raisins, Corn, Potatoes WITH skin, Tomatoes, Cucumbers with seeds and peel Cooked cabbage or Brussel Sprouts, Squash , Onions,
Ripe, Peeled Fruits and Vegetables, Canned or Cooked Fruit or Vegetables Without Seeds or Skin, Potatoes or Cucumbers without Seeds or Skin	Coconut, popcorn, Jam, Marmalade, Relishes, Pickles, Olives, Stone-ground mustard
Low Fiber Cereal's, Bread, Crackers.	Red or Purple Dye
Chicken, Turkey, Lamb, Lean Pork, Veal, Fish, Seafood, Eggs, Tofu	Pulp

<b>Chart 2</b>	
<b>Ok To Drink</b>	<b>DO NOT DRINK</b>
Gatorade®, Pedialyte® or Powerade®	Alcohol
Clear broth or bouillon	Milk or non-dairy creamer
Coffee or tea (no milk or non-dairy creamer)	Noodles or vegetables in soup
Carbonated and non-carbonated soft drinks	Juice with pulp
Kool-Aid® or other fruit-flavored drinks	Liquid you cannot see through
Strained Fruit Juices (no pulp)	Red/Purple/Blue Liquids
Jell-O®, Popsicles®, Hard Candy	
Water	

**If you have any questions or need to cancel/reschedule your appointment, please call 865-523-6418.**