



COLONOSCOPY- PLENVU BOWEL PREPARATION



Date & Location

You should have received the date and location of your colonoscopy from our practice by phone, through the portal, and/or email and text messaging. If you do not know your procedure date or location, please contact our practice. **Your procedure time will be communicated to you by the facility the day before your procedure.**



Shopping List

Our practice can provide a kit containing all over the counter medications needed for your colonoscopy, or you can purchase them over the counter:

- PLENVU prescription bowel preparation prescribed to your pharmacy
- Four (4) 5 milligram over the counter tablets of Dulcolax (or generic named bisacodyl)
- Four (4) 80 milligram over the counter tablets of simethicone or two (2) 250 milligram over the counter tablets of Phazyme



Medications

If you take any of the following medications, please inform our scheduling staff as soon as possible so we can coordinate stopping these medications with your prescribing physician:

- **Blood thinners** including but not limited to Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban), Eliquis (apixaban), Brilinta (Ticagrelor)
- **GLP1 medications** such as Trulicity (dulaglutide), Ozempic (semaglutide), Victoza (liraglutide), Bydureon (exenatide) used for diabetes or weight loss.
- **Other weight loss medications:** Adipex, Lomaira, Phentermine & Phentermine w/Topiramate.



Transportation

Driving is not permitted until the day after your procedure. Arrange for a ride to and from the center from someone 18 or older who can take responsibility for your care. That person should arrive no later than 1 hour after your procedure time.



Cancellation/No-Show

Our practice charges \$100 for a colonoscopy and \$200 for a combined colonoscopy/EGD that is cancelled within 7 business days of the procedure. For patients who have canceled in the past, a \$100 refundable deposit will be taken to secure your appointment. The deposit will be refunded after your procedure is completed if your account is in good standing.

On Page 2 is a calendar to walk you through your prep which starts 7 days before your procedure date. You can find details regarding low residue foods and clear liquids on our website at

<https://granitegastro.com/colonoscopy-prep-faq/>

To view a helpful PLENVU dosing instructional video, visit their website at

<https://www.myplenvu.com/how-to-take/#option-btns>

Please feel free to call us with any questions you may have about these instructions

Calendar for PLENVU Bowel Preparation

7 Days or More Before Procedure	5 Days Before Procedure	2 Days Before Procedure	Day of Procedure
<ul style="list-style-type: none"> ❑ Make sure you've completed your shopping list. ❑ Contact your insurance company with benefit questions. ❑ If you take iron supplements, stop taking them 7 days before your procedure. ❑ If you take insulin, ask your prescribing physician (primary care or endocrinologist) for instructions on how much insulin to take 1 day before and on the day of the procedure. ❑ If your location is Bedford Ambulatory Surgery Center or Surgical Center of NH, complete your health history in One Medical Passport (sent by facility). ❑ To cancel without incurring a fee, you must call our office at least 7 days before the procedure. 	<ul style="list-style-type: none"> ❑ Eat only low residue foods from this day until after your procedure. Examples of low residue foods can be found on our website as indicated on page 1. ❑ Confirm your ride to and from the procedure as per page 1. 	<ul style="list-style-type: none"> ❑ You may have a light breakfast, lunch, and dinner. ❑ Continue to avoid high residue foods. <p>1 Day Before Procedure</p> <hr/> <ul style="list-style-type: none"> ❑ Drink a clear liquid diet the entire day. Don't consume dairy or solid food today, including breakfast. ❑ Examples of clear liquids can be found on our website (see page 1). ❑ Take two Dulcolax (bisacodyl) tablets between 3PM and 6PM. Take either two 80 mg simethicone tablets or one 250 mg Phazyme tablet. ❑ Pour the contents of "Dose 1 Pouch" into the PLENVU container and add water to the fill line. Shake to dissolve the powder until liquid is clear. ❑ Slowly drink all the mixture, consuming it within 30 minutes. ❑ Refill the PLENVU container to the fill line with a clear liquid and consume it within 30 minutes. 	<ul style="list-style-type: none"> ❑ 5 to 6 hours before your arrival time: Take two 80 mg simethicone tablets or one 250 mg Phazyme tablet. ❑ Take two Dulcolax (bisacodyl) tablets immediately after the simethicone or Phazyme tablets. Immediately after this, pour contents of "Dose 2 – Pouch A" & "Dose 2 – Pouch B" into the PLENVU container and add water to the fill line. Shake to dissolve the powder until liquid is clear. ❑ Drink all the mixture, consuming within 30 minutes. ❑ Refill the PLENVU container to the fill line with a clear liquid and consume within 30 minutes. ❑ It is important that you complete all your assigned preparation no matter what color your stools are. ❑ A successful colonoscopy prep will result in clear to lemonade-colored stools; Please contact your endoscopy center at 7AM or later, on the day of your procedure if this is not the case after you have completed your preparation. ❑ Do not drink any liquids, chew gum or tobacco, or suck on hard candies for at least 3 hours prior to your arrival time. Do not smoke anything on the morning of your procedure. ❑ Please take your medications as prescribed EXCEPT for those listed below. Medicines must be taken at least 3 hours prior to your arrival time. Take insulin according to your PCP or endocrinologist instructions. ❑ Do not take diuretics (water/fluid pills), oral diabetic medications, iron pills, vitamins, or Carafate (sucralfate). If you have questions about what to take, please call us at least 1 business day before your arrival time. ❑ Bring a list of your current medications to your procedure