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PREP TIPS & FAQ'S
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SAME DAY Plenvu Colonoscopy Instructions

Please read these instructions and fill your prescription well in advance of your procedure.

Adhering to these instructions will maximize your chances of a successful procedure.

Your physician: _____ MD Procedure Date: _____

Arrival Time: _____ Procedure Time: _____

Procedure Location: Shoreline Endoscopy Center Yale Saint Raphael's Campus
 Park Avenue Medical Center

Your procedure requires sedation and therefore you **MUST** have a responsible adult to drive you home (**no public transportation**). This person may accompany you or be available by phone when you are ready to leave. Your procedure typically takes between 2 and 3 hours from the time you arrive until you leave. These arrangements are your responsibility and, if such plans are not in place, your procedure may be cancelled. If you must cancel or reschedule your procedure, please do so well in advance to avoid a late cancellation fee. Please arrive punctually.

Medications

Make sure to pick up your bowel preparation medication at your pharmacy the week before your procedure.

Most medications (including aspirin and non-steroidal anti-inflammatories) are usually NOT interrupted for your procedure and could be taken with a small sip of water on the day of your procedure, BUT some medications (such as diabetic medications and blood thinners) may be adjusted. Typically, iron and anti-diarrheal medications are stopped a week before your procedure. For your procedure:

- Take all your usual medications without interruption.
- Take all your usual medications with the following exceptions:

SAME DAY Plenvu Bowel Prep Instructions

Removing the contents of the colon is essential for a successful colonoscopy. If your bowel is not adequately cleansed, your exam may be limited, and abnormalities may be missed; your procedure could be prolonged; or your exam may be repeated / rescheduled.

THE DAY BEFORE your colonoscopy:

THE DAY BEFORE your colonoscopy you can consume a LIGHT breakfast and LIGHT lunch with low fiber foods. **AVOID** whole grains, fibery foods (**NO** nuts, seeds, corn, popcorn, raw vegetables, leafy green vegetables or fruit/berry skins). You can **EAT** carbohydrates (white bread, white pasta, white rice, cereal without fiber), well cooked tender chicken, eggs, fish or lean meats, or mashed potatoes or cooked carrots.

After lunch, only consume clear liquids for the remainder of the day and evening.

Clear liquids include water, coffee/tea, clear broth/bouillon, soda, fruit juice (without pulp), sports drinks such as Gatorade, PowerAde, Italian ice and jello. (**NO red jello or red liquids**). **STAY HYDRATED BY DRINKING CLEAR LIQUIDS.** Milk and other dairy products or substitutes are NOT allowed. NO alcoholic beverages.

THE MORNING of your colonoscopy:

At **5AM**, mix packet #1 of the Plenvu with 16 oz. of water and drink it. Follow with an additional 16 oz. of water!

At **9AM**, mix packet #2 (2 pouches total) of the Plenvu with 16 oz. of water and drink it. Follow with an additional 16 oz. of water!

You must finish the second dose of the preparation at least 2 hours before your colonoscopy.

If you are having trouble with the taste of the bowel prep solution, you can flavor it with white grape juice, tea bags, sugar, honey or lemon. Some find it helpful to add ice and drink it through a straw and eat lemon Italian ice afterward.

*******NOTHING BY MOUTH 2 HOURS BEFORE YOUR PROCEDURE*******

After taking the laxative prep, you will have diarrhea. In general, stay well hydrated - this will help you feel well and improve the quality of your prep. Rarely, patients experience abdominal cramps, bloating, discomfort or nausea and if this occurs, give yourself a short break of about 30 minutes. These symptoms typically improve with time or with bowel movements.

Please call with any questions, concerns or symptoms (203) 777-0304.

PLEASE FOLLOW OUR INSTRUCTIONS! DO NOT FOLLOW THE INSTRUCTIONS IN THE BOX!!

Procedure Locations-

Shoreline Endoscopy Center: 800 Boston Post Road, Building #1, Guilford. Convenient and plentiful outdoor parking.

Yale Saint Raphael's Campus: Digestive Disease Center - Take Elevator C to the 2nd floor of the Celentano wing of the main hospital. Parking is available in the George Street Garage attached to the hospital.

Park Avenue Medical Center: 5520 Park Avenue, Trumbull. Park in the parking garage. Parking is free. You may park anywhere in the garage and take the elevator to the bridge (BR button on the elevator). Walk across the bridge toward the elevator at the end of the hallway. The door to the procedure/endoscopy area is on the right.

Ownership Statement:

Disclosure of Ownership Interest: You have the right to have your procedure performed at the facility of your choice. The following physicians have an ownership interest in Shoreline Endoscopy Center, LLC: Michael Bennick, Sidney Bogardus, Myron Brand, Cary Caldwell, Joann Hong-Curtis, Michael Lipcan, Kristin MacArthur, Jeremy Matloff, Hannah Miller, Wayne Panullo, David Wolfsohn, Daniel Zanchetti.