

Clear Liquid Diet

You may have the following the day before your colonoscopy:

- Water
- Black coffee only (no CREAM)
- Tea
- Soft Drinks
- Gatorade (*no blue, red or purple*)
- Popsicles (*no blue, red or purple*)
- Broth - beef, chicken, or vegetable
- Jell-O (*no blue, red or purple*)
- Juices (*white cranberry, white grape, apple*)
- Lemonade (*not pink and no pulp*)

Helpful hints to prepare for your Colonoscopy

- **REMEMBER** - the goal of the prep is to get cleaned out. When the color of what you are passing is clear or cloudy yellow with some flecks, then you are clean. However, **you will still need to do the second dosing as directed.** If you are passing brown stool or brown water, then you may not be adequately prepared.
- **If you have a history of constipation, begin Miralax 5 days before prep day.**
- You may add Crystal Light or Mio Liquid Water Enhancer for flavor when mixing the solution. No Blue, Red or Purple.
- To help with after taste, suck on a lemon drop or other hard candy or a fresh lemon or lime between glasses of the solution.
- Drinking prep solution with a straw may also help.
- Nausea may occur, but walking may help move the solution through the body. You may also increase the time between glasses to 20 minutes or longer if needed.
- It can be helpful to put Vaseline around the anal area to minimize irritation from frequent bowel movements.
- If you have any problems with the bowel preparation during the daytime, you may contact the office and speak with a nurse. If you have difficulty in the evening, please visit our web site for after-hours contact information.

Please take this appointment seriously!

The time you invest in preparing for your colonoscopy is critical for an effective and successful procedure.

Prep instructions as well as frequently asked questions are available online under the “Prep Instructions” tab at:
www.NCDHP.com

We understand that emergencies may arise; however, if you are planning on canceling your procedure, we ask that you do so at least (5) days before so we can accommodate another patient.

A cancellation fee will apply if you cancel within 72 business hours of your procedure, excluding weekends and holidays, or if you simply do not show up for the procedure.

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Plenvu Prep Instructions

For Questions Concerning
Prep Instructions
and
Contact Information
Visit Our Website:

www.NCDHP.com

Important Medication Instructions

Before holding any blood thinners, a clearance will be obtained from your prescribing provider prior to procedure.

DO NOT stop the below medications until directed by our office or prescribing physician.

Blood thinning Medications

If directed to hold, follow below guidelines:

Five (5) days before your procedure

- Hold Plavix, Brilinta and Effient

Three (3) days before your procedure

- Hold Warfarin (Coumadin/Jantoven)
- Hold Bontril

Two (2) days before your procedure

- Hold Aggrenox Pletal

One (1) day before your procedure

- Hold Eliquis
- Hold Xarelto/Arixtra and Pradaxa (may be 2 days depending on prescribing physician)

Ask your prescribing physician about taking a low dose Aspirin while holding these medications.

Diet Medications

Seven (7) days before your procedure

- Hold Phentermine, Adipex, Qsymia

Diabetic Medications

Please check with your prescribing physician or Endocrinologist on how to adjust your insulin.

One (1) day before your procedure

- Hold oral diabetic medication the night before and day of your procedure.
- Please check your blood sugar regularly during bowel prep and morning of procedure.

Important Prep Instructions

FOUR (4) DAYS before Colonoscopy

- Purchase Miralax over the counter (any brand). Drink one capful of Miralax (dissolved in 8oz of water) daily until day before colonoscopy.
- No nuts, popcorn, corn kernels, seeds, or multigrain breads.
- Stop fiber supplements such as Metamucil, Fibercon, Citrucel, etc.
- Purchase Plenvu solution from the Pharmacy if you have not already done so (Sent electronically to your pharmacy).
- Avoid multivitamins as well as iron, herbal and homeopathic supplements unless advised by a physician.
- **For Carolina Mtn. Gastro patients only:** Stop NSAIDS (Ibuprofen, Motrin, Advil, Naproxen, Aleve, Naprosyn), Celebrex and Mobic. During this time you can take Tylenol

ONE (1) DAY before Colonoscopy

- **NO SOLID FOOD TODAY**
- **CLEAR LIQUIDS ONLY TODAY**
See back of brochure for list of clear liquids.
- Prepare the Plenvu solution as instructed:
 - Take **Dose 1** at 5:00pm – use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water. Stir until dissolved, this may take 2 to 3 minutes. Drink solution within 30 minutes.
 - Refill the container with at least 16 ounces of clear liquid, preferably water and drink within 30 minutes.
- Continue to drink clear liquids throughout the evening. Stay hydrated!

THE DAY of Colonoscopy

- **NO SOLID FOOD TODAY**
- Please take your daily medications with a sip of water 4 hours prior to procedure (except blood thinners, diet pills, and diabetic meds).
 - 5 hours before your Colonoscopy take **Dose 2** - use the mixing container to mix the contents of the Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water. Stir until dissolved, this may take 2 to 3 minutes. Drink solution within 30 minutes.
 - Refill the container with at least 16 ounces of clear liquid, preferably water and drink within 30 minutes. **You must be finished 3 hours before procedure start time.**
 - 3 hours before Colonoscopy – **NOTHING BY MOUTH:** Also avoid sips of water, hard candy/mints, gum, all tobacco, and medications. This is to reduce the risk of complications with your breathing during the procedure.

Important Driver Information

If you are having sedation you are required to have a driver with you. The driver must stay on site from check-in to the time you are discharged.

NO DRIVER, NO PROCEDURE

A taxicab is only permitted if you are accompanied by a responsible adult that will be going home with you.

If unable to arrange driver, please see our website for a list of approved transportation services.