

## 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 Lite 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
- Nausea may occur. Walking will 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, you may call your local hospital and ask for the "on-call physician" for our office.

## **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.caromtngastro.com](http://www.caromtngastro.com)

We understand that emergencies may arise; however, if you are planning on canceling your procedure, we ask that you do so at least five (5) days before so we can accommodate another patient. A cancellation fee will apply if you cancel within 24 hours of your procedure or you simply do not show up for the procedure.

# Plenvu Prep Instructions



## Carolina Mountain Gastroenterology Endoscopy Center

For prep questions visit our website:  
[www.caromtngastro.com](http://www.caromtngastro.com)

**For questions between 8:00am – 5:00pm call:**  
CMG Endoscopy Center - 696-3099

**If you are calling after 5:00pm call:**  
Pardee Hospital - 696-1000  
AdventHealth Hospital - 684-8501  
Transylvania Regional Hospital - 884-9111

## Important

For best results only follow instructions given by Carolina Mountain Gastroenterology. If instructions are not followed, procedure may be cancelled or rescheduled.

## Blood thinners / Diet Medications

Before holding any medications, a clearance will be obtained from prescribing physician prior to procedure.

**DO NOT stop these medications until directed by our office or prescribing physician.**

If directed to hold, follow below guidelines:

### **Seven (7) days before your procedure**

- Hold Plavix, Brilinta and Effient, Ticlid-(10 days)
- Hold Phentermine, Adipex, Qsymia

### **Three (3) days before your procedure**

- Hold Warfarin (Coumadin/Jantoven)
- Hold Bontril

### **Two (2) days before your procedure**

- Hold Eliquis
- Hold Savaysa (Edoxaban)

### **One (1) day before your procedure**

- 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.

## Diabetic Medications

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

### **Three (3) days before your procedure**

- Hold Victoza or Byetta

### **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.

## ALL Patients

### THREE (3) DAYS BEFORE PREP DAY

- Purchase Miralax over the counter (any brand is fine). Drink one capful of Miralax (dissolved in 8oz of water) daily until day before colonoscopy.
- No nuts, popcorn, corn kernels or seeds (examples: berry seeds, tomatoes, multigrain breads, etc...).
- 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).
- Stop Iron, Fish Oil and Vitamin E.
- Stop NSAIDS (Ibuprofen, Motrin, Advil, Naproxen, Aleve, Naprosyn), Celebrex and Mobic. You may take Tylenol during this time.

### 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 4:00pm – 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; Water only up until four (4) hours before procedure.**
- If you take a daily Aspirin, please hold today
- Please take your daily medications with a sip of water 3 hours prior to procedure (except Blood thinners, diet pills, and diabetic meds).
- **Procedures at Carolina Mtn Gastro, AdventHealth or Transylvania:**
  - 4 hours before procedure take Dose 2 - use the mixing container to mix the contents of the Dose 2 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.
  - 3 hours before Colonoscopy – **NOTHING BY MOUTH:** Also avoid sips of water, hard candy/mints, gum or tobacco. This is to reduce the risk of complications with your breathing during the procedure.
- **Procedures at Pardee Hospital:**  
**(Due to different anesthesia guidelines)**
  - 5 hours before procedure take Dose 2 - use the mixing container to mix the contents of the Dose 2 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.
  - 4 hours before Colonoscopy – **NOTHING BY MOUTH:** Also avoid sips of water, hard candy/mints, gum or tobacco. This is to reduce the risk of complications with your breathing during the procedure.

**PLEASE NOTE:** 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 taxi cab is only permitted if you are accompanied by a responsible adult that will be going home with you.