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Amit Shah, MD
Chad Spangler, MD



Brant Lutsi, MD
Nicole Gentile, MD
Erin Micklinghoff, CNP
James Ferguson, CNP
Katie Akers, CNP

Colonoscopy Location: Barrington Office Suite 311 Good Shepherd West Pavillon Northwestern Huntley Main Entrance Northwestern McHenry Main Entrance

Physician: Dr. Bhuva Dr. Coy Dr. Gentile Dr. Gordon Dr. Lutsi Dr. Shah Dr. Spangler

Date: ____/____/____ Arrival Time: ____:____ Procedure Time: ____:____

*** If you are having your test at a Northwestern location, please call registration at (815) 334-5566

COLONOSCOPY USING PLENVU PREP: PLEASE, ONLY FOLLOW THESE DIRECTIONS - NOT WHAT IS ON THE BOX . This prep may NOT be used if you have phenylketonuria and cannot process phenylalanine.

A colonoscopy is a procedure that examines the large intestine with a flexible fiberoptic instrument. The doctor is looking for any abnormalities in the colon and may take biopsies. This procedure takes about 20 to 30 minutes. With intake and recovery however, you must plan to be at the facility for at least 1.5 hours (Barrington) up to 3 hours (hospital).

Our office will do the precertification for your procedure. It is your responsibility to verify your benefits with your insurance company. Please inform our office if you have any changes to your insurance coverage or insurance carrier prior to your procedure.

IT IS ESSENTIAL THAT...

1. You bring your ID, insurance card and a list of medications (including dosages) to your appointment.
2. If you take **blood thinners** such as: Coumadin, Warfarin, Plavix, Xarelto, Pradaxa, Effient, Aggrenox, Eliquis, Brilinta or any other blood thinner, you will need to stop them prior to your procedure. Please call your Cardiologist or prescribing doctor for instructions on stopping these medications. (See full list on page 2)
3. If you are **diabetic and on insulin**: Test your blood sugar before you come for your colonoscopy. **Take only half of your usual dose of insulin on the day of your procedure.**
If you are **diabetic and on oral medication (pills)**: Take only half the usual dose the day BEFORE the procedure. **Do not take** your diabetic medication on the day of your colonoscopy. You may take your medication when the procedure is over and you are able to eat.
4. If you are taking any diet pills such as: Fenfluramine, Dexfenfluramine or Phenteramine, stop taking those **2 weeks prior** to your colonoscopy.
5. Stop all herbal medications, supplements and vitamins **7 days prior** to your procedure.
6. For 4 days prior to your colonoscopy, you must follow a low roughage diet. **Do Not Eat** nuts, fresh fruits or vegetables, whole grains or seeds. (See full list on page 2)
7. If you take morning medications (with the exception noted above) please only take medications for your heart, blood pressure, asthma, seizure disorder or thyroid with a small sip of water 4 hours prior to your scheduled procedure time.
8. You will not be allowed to drive yourself home after the procedure due to the sedation. Therefore, you will need an adult to drive you home that knows you and can see you safely into your home. You may **NOT** use public transportation. **If you do not have a ride, your procedure will be cancelled.**

*** Individual responses to laxatives vary. This prep often works within 30 minutes but may take as long as 3 hours. Remain close to toilet facilities as multiple bowel movements may occur.

OVER →

MEDICATIONS TO AVOID 5 DAYS BEFORE YOUR PROCEDURE:

Excedrin, Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Naproxen, Celebrex, Celecoxib, Mobic, Meloxicam, Relafen, Nabumetone. Avoid **ALL** herbal medications, supplements or vitamins.

Blood thinning medications including, Coumadin, Warfarin, Plavix, Xarelto, Pradaxa, Effient, Aggrenox, Eliquis or Brilinta must be stopped prior to your procedure as directed by the prescribing physician.

*****You may continue to take a low dose (81mg) Aspirin.**

FOODS TO AVOID 4 DAYS BEFORE YOUR PROCEDURE:

Fresh fruits with seeds, raw vegetables, nuts, popcorn, seeds, whole grain bread, whole grain pasta, lentils, beans and corn. (You may have apples, pears or peaches that are peeled. **Do Not eat the skins.**)

1 DAY BEFORE YOUR COLONOSCOPY:

- ✓ You will be on a limited diet the entire day. Allowed dairy and liquids listed below.
- ✓ Allowed dairy products: Eggs, milk (including soy, rice or almond), plain cheese (no cottage cheese), vanilla ice cream, plain or vanilla yogurt (without fruit, nuts or granola)
- ✓ Allowed clear Liquids: mineral, bubbly or plain water, Gatorade, apple juice, white grape juice, ginger ale, clear broth or bouillon (without veggies, meats or rice), Jello, all carbonated and noncarbonated soft drinks, plain popsicles, coffee and tea.
- ✓ You must start to hydrate yourself, which means you must start to drink extra fluids.
- ✓ **DO NOT DRINK: tomato juice, orange juice, grapefruit juice, protein or drinks with fiber in them. NO beer, wine or alcohol is allowed.**
- ✓ Avoid all liquids or popsicles with red or purple dyes.
- ✓ You must stop eating by 3 pm. It is ok to continue drinking clear liquids only.
Open the PLENVU box and fill the container with 16 ounces of water and place it in the refrigerator to get the water cold.

AT 6 PM:

- ✓ Add packet labelled dose 1 of Plenvu to the container of cold water. Shake briskly until the powder is dissolved (about 2-3 minutes). Drink the entire contents of the mixing container over the next 30 minutes. Rinse the mixing container and fill with 16 oz of water. Drink this water over the next 30-45 minutes. Then rinse the mixing container and fill with 16 oz of water and refrigerate. Continue to drink clear liquids during the evening, No food.
- ✓ You **MUST** drink more solution in the morning even if your stool is clear.

DAY OF YOUR COLONOSCOPY:

- ✓ **In the morning 5 hours before your test ____:** Mix the remaining 2 pouches of powder into the mixing container containing the cold water and shake until the powder is dissolved (about 3 minutes). Drink the entire mixing container over the next 30 minutes. Then rinse the mixing container and fill it with water. Drink all of the water within 30 minutes. You may drink more water if you choose. However, you must finish drinking your prep and any water at least **4 hours before your procedure time.**

*****After you finish this portion of the prep, you may NOT have any liquids OR solids by mouth. NO FOOD, FLUID, GUM OR CANDY IS ALLOWED.**

*****You may take any medications prescribed for your heart, blood pressure, asthma, seizure disorder or thyroid with a small sip of water 4 hours prior to your scheduled procedure time.**

The prep can start working anywhere from 1 hour to 3 hours after you start drinking it at 6pm the night before. The day of the procedure, you will have little left to eliminate so there is plenty of time built into the timing for you to make it to the hospital without needing the restroom.