



Barrington Office
Suite 312
(22285 N Pepper Rd, Ste 312,
Lake Barrington IL, 60010)

Good Shepherd
West Pavilion
(450 IL-22, Barrington, IL
60010)

Northwestern Huntley
Main Entrance
(10400 Haligus Rd, Huntley, IL
60142)

Algonquin Surgery Center
Main Entrance
(2550 W Algonquin Rd, Lake in the
Hills IL, 60156)

Physician: _____ Date: _____ Arrival Time: _____ Procedure Time: _____

COLONOSCOPY USING PLENVU PREP: PLEASE, ONLY FOLLOW THESE DIRECTIONS NOT WHAT IS ON THE BOX

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).

IT IS ESSENTIAL THAT...

1. You bring your ID, insurance card and a list of medications (including dosages) to your appointment.
2. 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. You may **NOT** use public transportation. **If you do not have a ride, your procedure will be cancelled.**

***STOP 14 DAYS BEFORE YOUR PROCEDURE:**

If you are taking any diet pills such as: Fenfluramine, Dexfenfluramine or Phentermine, stop taking those **2 weeks prior** to your colonoscopy. Failure to stop these medications may result in having to reschedule your procedure the day of.

***STOP 7 DAYS BEFORE YOUR PROCEDURE:**

You must stop GLP-1 Meds- Ozempic, Wegovy, Rybelsus, Trulicity, Byetta, Bydureon BCise, Saxenda, Victoza, Mounjaro or any other weekly injectables for weight loss / diabetes. You must contact the prescribing physician to stop this medication 7 days before your procedure. You may resume the medication after the procedure. If you have not stopped these medications 7 days prior, your procedure **WILL** be canceled per anesthesia. Daily diabetic medication instructions are under 1 day before/day of procedure section.

***STOP 5 DAYS BEFORE YOUR PROCEDURE:**

Excedrin, Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Naproxen, Celebrex, Celecoxib, Mobic, Meloxicam, Relafen, Nabumetone. Stop all herbal medications, supplements, and vitamins 5 days prior to your procedure.

****Tylenol is okay to take.**

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. Our office will send a request, but it is ultimately the **patients responsibility** to also know if they are able to be off the blood thinner or not.

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

***STOP SGLT-2 INHIBITOR MEDICATIONS 4 DAYS PRIOR TO YOUR PROCEDURE:**

Invokana (Canagliflozin), Farxiga (Dapagliflozin), Jardiance (Empagliflozin), Steglatro (ertugliflozin), Brenzavvy (Bexaglifoxin) Failure to stop these medications **WILL** result in a rescheduled procedure per anesthesia.

OVER →

FOODS TO AVOID 4 DAYS BEFORE YOUR PROCEDURE:

Fresh fruits with seeds, raw vegetables (steamed/cooked vegetables are okay), 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:

- ✓ If you are **diabetic and on oral medication (Metformin, Starlix, Prandin, Glipizide, Tradjenta, Januvia, Nesina, Avandia, Oseni, etc)**: Take only half the usual dose the day BEFORE the procedure. **Do not take** your diabetic medication on the day of your procedure. You may take your medication when the procedure is over and you are able to eat.
- ✓ 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), Jell-o, all carbonated and noncarbonated soft drinks, plain popsicles, coffee, and tea. Avoid all liquids or popsicles with red or purple dyes.
- ✓ 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 red or purple dyes**

AT 5 PM:

- ✓ Fill the bottle with packet labeled: DOSE 1, empty the entire packet into the bottle. Fill the bottle with water to the fill line. Cap the bottle and shake gently until powder is dissolved, which may take 2-3 minutes. One packet (Dose 1) is for the evening before your procedure and two packets (dose 2) are for the morning of your procedure. Begin drinking your solution and finish entire contents over 30 minutes.
- ✓ After finishing bottle with entire contents, refill container to the line with water (at least 16 ounces) and drink the refilled liquid within 30 minutes.
- ✓ Drink an additional (2) 8-ounce glasses of clear fluid at your own pace over the next 5 hours. You may drink more if you choose. The prep may take up to 4 hours to begin working.

DAY OF YOUR COLONOSCOPY:

- ✓ **Start drinking the prep solution 5 hours before your test _____:_____.** Complete within 1 hour (the mixed solution and the refilled water).
- ✓ Pour Dose 2 **Pouch A and Pouch B** into the container and fill with water to the fill line. Mix the solution, and drink within 30 minutes.
- ✓ Just like you did the night before, re-fill the container with water and finish within 30 minutes. After this point, **NOTHING BY MOUTH – NO FOOD OR DRINK – AFTER COMPLETING YOUR PREP. Your procedure will be cancelled if you continue to drink or eat ANYTHING the morning of your procedure.**
- ✓ **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.**
- ✓ **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.**



After you finish this portion of the prep, **you may NOT have any liquids or solids by mouth. NO FOOD, FLUID, GUM, MINTS, OR CANDY IS ALLOWED UNTIL AFTER THE PROCEDURE.** You will be rescheduled if you do not follow these instructions.