

**PATIENT INFORMATION AND INSTRUCTIONS FOR COLONOSCOPY ONLY
OR COLONOSCOPY/EGD PROCEDURES**

Physician: _____ **Appointment Date:** _____ **Arrival Time:** _____

Please review all information and instructions as soon as possible after receiving your packet. If you have questions, please call the appropriate number listed below, Monday through Friday, between the hours of 8:00 a.m. and 4:30 p.m.

- General questions: Lexington Clinic Gastroenterology Department, (859) 258-4950.
- Financial questions: Please call (859) 258-4045.
- Endoscopy and Surgical Center nursing staff: (859) 258-4289.

A nurse will be contacting you within 1-2 days of your procedure to review your instructions and medical information. **If you are not able to be contacted by phone, or your telephone does not offer a voice mail option, please call the Endoscopy and Surgical Center nursing staff at least 24 hours prior to your procedure.**

We are located at the Endoscopy and Surgery Center of Lexington Clinic, Suite 200 (2nd floor), 1225 South Broadway in Lexington, KY. The building is a two story brick structure with a green metal roof, situated behind the main Lexington Clinic facility.

GENERAL INSTRUCTIONS

Seven (7) to ten (10) days before your colonoscopy/EGD:

- If you are taking Aspirin or Aspirin-like products (Advil, Motrin, Ibuprofen, Excedrin, Aleve, or Aspirin), please talk to your prescribing physician and ask if or when you should stop taking it. If you take Aspirin due to a doctor's order to prevent a stroke or heart attack, we generally recommend you continue to take it.
- Patients taking blood thinners are asked to call the prescribing physician at least seven (7) days prior to your procedure for instructions regarding possible changes to dosing instructions (examples include: Coumadin, Heparin, Plavix, Effient, Ticlid, Xarelto, Paradaxa, or Brilinta).
- Confirm transportation arrangements. **All patients MUST have a driver.** The driver **MUST** be able to wait in the surgery center during the procedure and stay with you for 24 hours after your procedure.
- The prescription, for your bowel prep, will be sent to the pharmacy on file with our clinic. If one has not been called in to your pharmacy, please call the Gastroenterology Department.

Five (5) days before your Colonoscopy/EGD

- Start a low-residue diet. A low-residue diet contains foods that are starchy and therefore easier for your body to digest. Examples of foods you may enjoy are white breads, plain crackers, white rice, corn flakes, well cooked fresh or canned vegetables without seeds, milk, cheese, meats, canned or cooked fruits without seeds or skins, such as applesauce or canned pears.

One (1) day before your colonoscopy/EGD:

You may have a low-residue breakfast. Breakfast **MUST** be complete prior to 11:00 am. Examples of low-residue breakfast items you can have:

- White bread, biscuits, muffins (no wheat)
- Cornflakes
- Eggs

- Yogurt, cottage cheese
 - Cream of wheat, grits
 - Fruit (no skin or seeds)
 - Drinks: coffee, tea, milk, juice without pulp
- After breakfast, you may **only** have **clear liquids** until after your colonoscopy. Examples of clear liquids you can have:
 - Coffee or tea (no cream or non-dairy creamer)
 - Sports Drinks (Gatorade, Powerade, Crystal Light)
 - Gelatin desserts (no fruit or topping)
 - Water
 - Chicken broth
 - Avoid all Red or Purple colors
 - Prepare your bowel prep. Step by step instructions are provided on the following page.

Day of your colonoscopy/EGD

- You may continue a clear liquid diet **until two (2) hours** prior to your arrival time.
- You may take your medications with a sip of water two (2) hours prior to your arrival time if instructed by your physician or Nurse.
- You may not have any gum, mints, or tobacco products **six (6) hours** prior to your arrival time.
- Bring a list of all medications you are currently taking along with the correct strengths and dosages.

PLENVU

PLENVU Prep Kit is a split-dose (2-day) regimen. Both 16-ounce bottles are required for a complete prep.

FIRST DOSE Bottle #1: Begin Step 1 at **6 PM** the evening before your colonoscopy. You must complete Steps 1 through 3 below before going to bed:

1. Drink Dose One (1) 16-ounce bottle of PLENVU. This will be the Mango flavored bottle. (DRINK SLOWLY. DO NOT CHUG)
2. Drink 16-ounces of water as soon as you finish the first dose of PLENVU.
3. Drink **ALL** of the liquid in the container and all of the water.

SECOND DOSE Bottle #2: Begin Step 1 on the morning of your procedure depending on your procedure time. Please read below to determine when to start second dose (Bottle #2).

- If your procedure is scheduled before 9AM, you must do 2nd dose of PLENVU 3 hours prior to arrival.
 - If your procedure is after 9AM, do your 2nd dose at 6 AM.
1. Drink Dose Two (2) 16-ounce bottle of PLENVU. This will be the Fruit Punch flavored bottle. (DRINK SLOWLY. DO NOT CHUG)
 2. Drink 16-ounces of water as soon as you finish this dose of PLENVU.
 3. Drink **ALL** of the liquid in the container and all of the water.

Note: You must finish drinking the final glass of water at least 2 hours prior to your procedure. You may have nothing to drink 2 hours prior to your procedure.

PLEASE NOTE: If you are given a substitute prep from your pharmacy, please call our office at 859-258-4950 to discuss instructions. You may only have clear liquids the day before your procedure.