



Instructions for your Colonoscopy/PLENVU

Your doctor has ordered a colonoscopy examination to assist in the diagnosis and management of your symptoms. A colonoscopy is a procedure where a lighted instrument called a colonoscope is passed through the large bowel or colon. A colonoscopy is needed to diagnose and manage several GI disorders including colon cancer, colon polyps, colitis, diverticulitis, hemorrhoids, rectal bleeding, and infection.

Your Colonoscopy has been scheduled for this date:

Please **arrive** at this time:

Location

Elms Endoscopy Center (2671 Elms Plantation Blvd.)

St. Francis Ambulatory Care Center (St. Francis Hospital)

****ABSOLUTELY NO FOOD THE DAY BEFORE YOUR PROCEDURE****

Before Your Procedure:

So that both you and your doctor can be fully prepared for your procedure,

Please follow these instructions accordingly:

*You must complete a bowel preparation in order to have an adequate colonoscopy. Your doctor will prescribe a clear liquid diet for 24 hours. A laxative will also be prescribed to thoroughly evacuate the colon.

***Absolutely no food the day before your procedure**

*For your safety, **you must stop drinking all liquids 7 hours prior to your procedure**

Medications Instructions:

*ONLY take **Heart**, **Blood Pressure**, and **Seizure** medications with a ***small sip*** of water the morning of your procedure

****Hold** all diabetic medication until after your exam

****Your regular respiratory inhalers should be used before arriving and please *bring them with you.***

The Procedure:

Once you have registered, the nursing staff will start an IV line in your arm. Next, sedation will be administered. Once you are sedated, the procedure will begin. The exam is usually complete in 20-40 minutes or less with a 15 minute recovery period.

Complications:

Complications during the colonoscopy are rare. If a polyp is removed from the colon, bleeding can occur. Bloating after the colonoscopy is common due to the gas needed to inflate the colon. This gas usually passes within one hour. Finally, a very uncommon complication of a colonoscopy is a perforation or tear in the colon caused by the instrument. This happens about every 1 in 2000 cases. If this occurs, surgery is needed to repair the colon.

Post Procedure:

The doctor will discuss the findings with your family. If needed, a follow-up visit with your doctor will be scheduled. Your results may be mailed to you or discussed at your next office visit.

Please Remember:

***Because you will be sedated, you will need to have someone come with you, and drive you home after the procedure.** Please limit your ride to one person. It is required that your ride stay in the waiting room during the entire procedure.

***Please remove and leave all personal belongings and jewelry at home, including body-piercing jewelry.** Elms Endoscopy Center will not be held responsible for lost personal belongings and jewelry.

*You will receive a confirmation call two days prior to your procedure. If we are unable to reach you, it is your responsibility to call 843-797-6800 ext. 146 to confirm. Your procedure may be canceled if you do not confirm.

Please Note: *Non emergent cancellations less than 48 hours prior to your procedure and no-shows will be charged a \$75.00 fee that must be paid prior to rescheduling*

Date to begin clear liquid diet: _____

****CLEAR LIQUID DIET---- ALL DAY the day before your procedure (NO SOLID FOODS) ****

Generally, a clear liquid diet consists of any liquid or semi-liquid substance that you can see through. **NO DAIRY products and NO ALCOHOLIC BEVERAGES**

These liquids are approved for your clear liquid diet. You MAY have any of the following:

Strained Fruit Juices (No Pulp)	Gatorade or Powerade NO RED or PURPLE
Water	Soft Drinks
Clear Broth or Bouillon	Iced Popsicles NO RED or PURPLE
Coffee or Tea (no added milk, creamer, or non-dairy creamer)	Jell-O (no added fruit or toppings) NO RED or PURPLE
	Kool - Aid NO RED or PURPLE

****ABSOLUTELY NO LIQUIDS 7 HOURS PRIOR TO YOUR PROCEDURE****

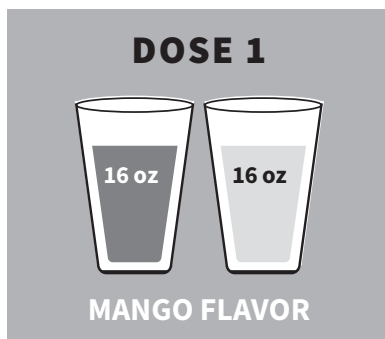


ELMS
DIGESTIVE

PLENVU Bowel Prep Kit patient instructions

PLENVU Bowel Prep Kit is a split-dose regimen.

Begin first dose at: _____

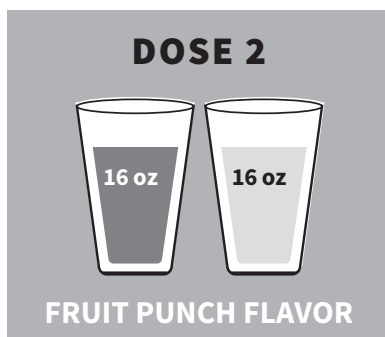


Note: actual solution is clear.

TAKE DOSE 1

1. Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time—slowly finish the dose within 30 minutes.
2. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

Begin first dose at: _____



Note: actual solution is clear.

TAKE DOSE 2

1. Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time—slowly finish the dose within 30 minutes.
2. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

VERY IMPORTANT

Do not drink ANY liquids after:

_____.