



**COLONOSCOPY** (PlenVu ~ split)

Date: \_\_\_\_\_

Check-in Time: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

Doctor: \_\_\_\_\_

- MemorialCare Outpatient Surgical Center Long Beach**  
3833 Worsham Ave., Ste 200 Long Beach, CA 90808  
T: (562) 426-2606
- MemorialCare Surgical Center at Orange Coast**  
18111 Brookhurst Street, Ste 3200 Fountain Valley, CA 92708  
T: (714) 369-1100
- Los Alamitos Medical Center G.I. Lab**  
3751 Katella Ave Los Alamitos, CA 90720  
\*The GI lab number is (562) 799-3216

**5 days before the exam:**

- ~ Stop fiber supplements and medications containing iron. You may continue any routine laxatives.
- ~ Stop all blood thinners, unless this has been discussed with the doctor.
- ~ Stop aspirin, unless this has been discussed with the doctor.
- ~ Stop all anti-inflammatory medications (e.g. Motrin, Aleve, etc.); Tylenol is acceptable
- ~ Please ensure you have a **responsible adult** to drive you home and remain with you for 12 hours after the procedure.
- ~ Reminder: Go to your pharmacy to pick up the prep solution.

**3 days before the exam:**

- ~ Avoid nuts or popcorn, foods and breads with seeds.

**2 days before the exam:**

- ~ **NO raw fruits or raw vegetables.**
- ~ Drink at least 8 glasses of water during the day.
- ~ If you tend to be significantly constipated, you may take an ounce (2 tbsp) of milk of magnesia at bedtime this evening.

**1 day before the exam:**

- ~ BEGIN CLEAR LIQUID DIET FOR BREAKFAST. DISCONTINUE SOLID FOODS. (No artificial red or purple liquids, no alcohol)

- |                                    |   |
|------------------------------------|---|
| - Water                            | - Carbonated and non-carbonated soft drinks |
| - Coffee or tea (no cream or milk) | - Clear fruit-flavored drinks               |
| - Clear broth or bouillon          | - Strained fruit juices, no pulp            |
| - Clear sports drinks              | - Jell-O, popsicles, hard candy             |

**Approximately 5pm to 6pm:**

***\*First Dose\****

1. Use the mixing container to mix the contents of Dose 1 pouch with at least 16 ozs of water by shaking or using a spoon until it is completely dissolved. This may take up to 2-3 mins. Take your time – slowly finish the dose within 30 mins. **\*\*PlenVu can be premixed and refrigerated, but must be taken within 6 hrs after it is mixed with water\*\*\***
2. Refill the container with at least 16 ozs of clear liquid. Again, take your time and slowly finish all of it within 30 mins.



**Day of exam:** 6 hours before your appt, take **\*Second Dose\*** (at \_\_\_\_ a.m.)

1. Repeat above steps 1 & 2 using Dose 2 (Pouch A and Pouch B).

**Discontinue liquids 4 hours before your exam.**

**You are ready for the exam:**

- ~ You may take your regular medications with small sips of water.
- ~ Wear comfortable clothing and leave all valuables at home. Plan 2 hours for the study.
- ~ Please be sure to bring your **insurance** information and a **photo I.D.** with you to facilitate registration.
- ~ ***You must have someone drive you home as you cannot drive for at least 12 hours. A taxi or ride share service is unacceptable.***

#### SPLIT-DOSE PREPARATION FOR COLONOSCOPY

(Please read carefully)

These instructions use a split-dose (two-dose) regimen, which has been shown to cleanse the colon (lower intestine) better than other methods. The cleaner the colon, the less likely an exam would have to be repeated earlier than usual. Most importantly, a cleaner colon increases the chances of finding any significant abnormalities, such as polyps.

For some patients, this split-dose regimen may require staying up late into the evening or awakening early in the morning to complete the preparation with the second dose. We know this may be inconvenient, but it is very important to clean the colon as best as possible.

The exact timing of the early evening (5pm-6pm) first dose is not as important as the timing of the second. The most effective cleansing occurs when the second dose is taken 6 hours before the colonoscopy. Please finish the preparation and all clear liquids 4 hours before the examination.

Tips: Alcohol-free baby wipes, Vaseline, over-the-counter hydrocortisone creams, hemorrhoid treatments, all may be used to ease skin irritation. If you feel nauseous or vomit, rinse your mouth with water, take a 15 minute break, and then continue to drink the solution. Even if you are sitting on the toilet, continue to drink the solution as per instructions.