

## Colonoscopy Prep Instructions: Plenvu Split Dose

Please read these instructions one week prior to your procedure.

**What is a colonoscopy?** A colonoscopy is a procedure that enables your physician to examine the lining of the colon for abnormalities by inserting a flexible tube into the anus and advancing it slowly into the rectum and colon.

**When should I arrive and how long will the procedure take?** Please arrive at the GI Lab 30 minutes prior to your procedure so nursing, anesthesia (if applicable), and physician can evaluate and prepare you for your procedure. Plan to spend approximately 1 ½-2 hours at the GI Lab.

**Please note:** The time your procedure is scheduled is our best estimation as to when your procedure will begin. Circumstances may arise (i.e. emergent cases) that may change the scheduled time. We will do our best to notify you of any changes in the schedule.

### GI Lab Locations

<b>Evanston Hospital</b>	2650 Ridge Ave.	Room 1134	Evanston, IL 60201	847-570-2236
<b>Glenbrook Hospital</b>	2100 Pfingsten Rd.	1 <sup>st</sup> Floor	Glenview, IL 60026	847-657-5780
<b>Highland Park Hospital</b>	777 Park Ave West	B345	Highland Park, IL 60035	847-480-2828
<b>Highland Park Medical Group Gastroenterology</b>	1777 Green Bay Rd.	Sutie 201	Highland Park, IL 60035	847-681-4229
<b>Skokie Hospital</b>	9600 Gross Point Rd.	1 <sup>st</sup> Floor	Skokie, IL 60076	847-933-6565
<b>Vernon Hills Specialty Suites</b>	225 N. Milwaukee Ave.	1 <sup>st</sup> Floor	Vernon Hills, IL 60061	847-941-7660

**What should I do if I am a diabetic?** Please contact your primary care physician (PCP) in regards to taking your diabetes medications prior to your procedure.

**What should I do if I am on blood thinners or have a cardiac stent?** If you have a cardiac stent or you are on a medication such as Coumadin, Plavix, Ticlid, Lovenox, Pradaxa, Xarelto or any other blood thinner, please contact your prescribing physician to determine whether you should discontinue this medication prior to the procedure. Please notify our office if you are advised not to stop one or more of these medications. It is OK to continue aspirin or other NSAIDs (Advil, Aleve, Ibuprofen, etc) prior to your procedure.

**What should I do if I have a heart defibrillator or pacemaker?** Your device must be checked within 6 months of your scheduled procedure. If it has not been checked at a NorthShore facility, please bring documentation on the day of your procedure confirming that it has been checked at another facility.

If you have a defibrillator or pacemaker, please contact the GI Lab prior to your scheduled procedure.

- Glenbrook GI Lab: (847) 657-5780
- Evanston GI Lab: (847) 570-2236
- Highland Park GI Lab: (847) 480-2828
- Ravinia GI Lab: (847) 681-4229
- Skokie GI Lab: (847) 933-6565
- Vernon Hills GI Lab: (847) 941-7660

**My Plenvu dosing – Dose 1**

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_ (12 hours before Dose 2)

**Dose times MUST be 12 hours apart.**

**My Plenvu dosing – Dose 2**

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_ (5-6 hours before procedure)

**1 DAY BEFORE COLONOSCOPY:**

You will follow a clear liquid diet all day. No red or purple liquids. Only the following liquids are allowed:

Soups:	Clear bouillon, broth, or consommé.
Beverages:	Tea, coffee, decaffeinated tea/coffee, kool-aid, gatorade, clear carbonated beverages such as 7UP, Sprite or ginger ale. <b>DO NOT</b> put any milk or cream product in your tea or coffee.
Juices:	Apple, white grape juice, strained lemonade, limeade, orange drink, Crystal Light. Any juice you can see through and has no pulp is acceptable.
Dessert:	Water ices, Italian ices, popsicles, JELL-O, hard candy.

- **STEP 1:** Dose times must be 12 hours apart. 12 hours before Dose 2, take Dose 1, drinking it slowly over 30 minutes- followed by 500ml of clear fluids over the next 30 minutes
- **STEP 2:** Continue to drink plenty of fluids the rest of the day. **DO NOT eat or drink anything after midnight except your morning dose of Plenvu and clear fluids as directed.**

**What should I expect after starting the bowel preparation?** You will begin having multiple watery bowel movements. Initially, you may feel slightly bloated but will become more comfortable as you continue to have bowel movements. Diarrhea may continue after you finish drinking the solution.

## THE DAY OF YOUR PROCEDURE:

**DO NOT eat or drink anything except the morning dose of Plenvu and clear fluids as directed.** Completing the AM Plenvu dose is essential to optimize visualization of the colon.

- **STEP 1:** 5-6 hours before your procedure time, take Dose 2, drinking it slowly over 30 minutes – followed by 500ml of clear fluids over the next 30 minutes. Continue to drink plenty of clear liquids
- **STEP 2:** Stop drinking Plenvu and clear fluids 2 hours before your procedure.
  - *Note: If drinking rapidly causes stomach upset, you can drink the fluid more slowly, but should plan to finish the solution. Drinking with a straw may help with the taste. Try sucking on a lemon drop between glasses. If you cannot complete the prep or vomit, please call our office at (847) 657-1900 to speak with one of our doctors.*

**What should I expect after starting the bowel preparation?** You will begin having multiple watery bowel movements. Initially, you may feel slightly bloated but will become more comfortable as you continue to have bowel movements. Diarrhea may continue after you finish drinking the solution.

**Should I take my medications on the morning of the procedure?** If you take heart or blood pressure medication, you should take it on the morning of the procedure with a small sip of water. Other medications can be taken following the procedure unless otherwise instructed by your doctor.

### **Tips:**

- Try to drink plenty of clear fluids as indicated on the chart on Page 2
- You may find it easier to slowly drink your bowel preparation through a straw, and if it has been chilled in the fridge
- Petroleum jelly can help to prevent irritation and refrigerated wet wipes may feel more soothing than toilet paper
- Whilst taking Dose 1 and 2 of Plenvu, if you experience severe bloating, abdominal swelling or pain, it is recommended you slow down intake until these symptoms have subsided

### **Things to Remember:**

- An adult **must** be available to accompany you home in a timely manner after completion of your procedure; typically this is 2-3 hours after your procedure start time. If you plan to take public transportation (i.e. taxi, train, Uber, or Lyft), you will need to arrange for an adult to accompany you.
- Sedation is used during the procedure and it will be unsafe for you to drive or operate any machinery for the remainder of the day.
- If you wear contact lens, **do not** wear them the day of your procedure. Please bring your glasses.
- You will not be able to return to work the day of your procedure. You should not make any important decisions for the remainder of the day.

- If you need to talk with a nurse, or cancel your procedure, please contact our office at (847) 657-1900. If you must cancel your procedure, please notify our office at least one week prior to your scheduled procedure date.

## **Colonoscopy Insurance Coverage Information You Should Know**

You are scheduled for a colonoscopy, an examination of the colon (large intestine) with a lighted flexible scope. During the colonoscopy, if an abnormality is seen, it is biopsied at that time. A biopsy involves removing a portion or all of the abnormal area for processing and subsequent examination under a microscope.

Insurance companies treat a colonoscopy in different ways depending on your company's benefit plan. Please be aware that if your colonoscopy has been scheduled for a "screening" (meaning you have no symptoms with your bowels) and your doctor finds a polyp or tissue that has to be removed during the procedure, this colonoscopy is no longer considered a screening procedure. Your insurance benefits may change and your insurance policy may pay differently.

Please check with your insurance carrier to verify if you need pre-approval (or pre-certification) and that you understand your financial responsibility for the procedure prior to starting your colon cleansing preparation. There should be a number to call on the back of your insurance card. Depending on your insurance carrier, your procedure may be considered surgical and deductibles and co-pays may apply. Please contact your insurance carrier for additional information regarding your coverage.

For more information, please refer to the NorthShore website:

<https://www.northshore.org/gastroenterology/>