

PATIENT INSTRUCTIONS FOR COLONOSCOPY



WHAT IS COLONOSCOPY:

Colonoscopy is a procedure that will allow your doctor to examine the walls of your large intestine or colon. The procedure uses a colonoscope which is a long flexible tube with a light and camera at the end. Examination of the colon allows your doctor to evaluate you for colon polyps, colon cancer, diarrhea, bleeding, Crohn's and ulcerative colitis as well as other things. To do this, patients must take medication that removes all the stool material from the colon. This requires a bowel preparation or clean-out.



BOWEL PREPARATION:

Preparation for colonoscopy involves taking a laxative medication and restricting your diet to clear your colon of stool. If your colon is not completely emptied, the chances your doctor will miss abnormalities increases, and you may even have to repeat the procedure. Typically, medication used to clean the bowel is a solution that you will need to drink starting one day before your procedure.



BOWEL PREPARATION OPTIONS:

There are multiple options for bowel preparations, and one of them should have been provided to you through your pharmacy. Instructions for each type of prep are unique and you should verify that the preparation that was provided you matches the instructions that you were given. If these do not match, you can go to www.azgastrohealth.com and download the correct instructions.



WHAT TO EXPECT:

After starting the preparation liquid, you will develop significant diarrhea. This is normal and means that the medication is working. Plan to be near a bathroom. Mild bloating and abdominal cramping are also normal. Drinking the prep medication slowly and over a longer period of time can help alleviate these symptoms. A well-prepared colon produces yellow liquid. Please finish your preparation regardless of your stool color.



ARRANGE TRANSPORTATION:

Arrange for a friend or family member to drive you home after the colonoscopy, ahead of time as you will still be drowsy from sedation and it is unsafe to drive. You must have an adult accompany you home the day of your procedure. The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety.



THE DAY OF THE PROCEDURE:

Your colonoscopy will be performed in either a hospital or outpatient clinic. Before the procedure starts, you will be given anesthesia through an IV to make you comfortable. Then, the doctor will gently insert the colonoscope into the rectum and guide it through the entire colon. Your doctor will take pictures and remove polyps or abnormalities along the way.



SPECIAL CONSIDERATIONS

GLP-1 Diabetic/Weight Loss Drugs

If you take these medications DAILY, such as Rybelsus, Victoza, etc.

DO NOT take the morning of your procedure.

If you take these medications WEEKLY, such as Ozempic, Trulicity, Mounjaro, Wegovy, etc.

DO NOT take for 1 week prior to your procedure

DIET INSTRUCTIONS PRIOR TO THE PROCEDURE:



MEDICATIONS

- You can take most prescription and non-prescription medications right up to the day of the colonoscopy.
- Stop medications that are for diarrhea or contain iron 7 days prior to your procedure.
- Blood thinners may need to be temporarily discontinued prior to the procedure. Discuss with your prescribing doctor about whether you should continue or discontinue these medications. Do not stop these medications without first talking to your doctor. You will restart these medicines after the procedure, unless otherwise directed.
- Low-dose aspirin can be continued and does not need to be stopped
- As a general rule the dose of Insulin/diabetes medication should be decreased by half (50%)
- Blood-pressure medicines should be continued while preparing for the test. On the the day of the procedure, You should take your blood pressure medicines with a small sip of water at least 2 hours before your appointment
- Take your usual morning medicines, with a small sip of water



1 DAY PRIOR to the Procedure, **YOU WILL BE ON A CLEAR LIQUID DIET** which means only having liquids that you can easily see through which includes:

CLEAR LIQUID DIET INCLUDES:

- Water, mineral water
- Clear fruit juices **WITHOUT ANY** pulp (apple, white grape, white cranberry, lemonade, etc. can be consumed)
- Clear soft drinks or sports drinks
- Low fat chicken, beef, vegetable, or bone broth
- Popsicles or gelatin (such as Jell-O)
- Coffee or tea (without milk or cream)
- **OTHER THAN YOUR MEDICATIONS AND A SIP OF WATER, AVOID EATING OR DRINKING FOR AT LEAST FOUR HOURS BEFORE YOUR PROCEDURE**



- 1 DAY PRIOR** to your procedure, you should also **TAKE THE COLON PREP MEDICATION**. Please follow the instructions on your prescription.

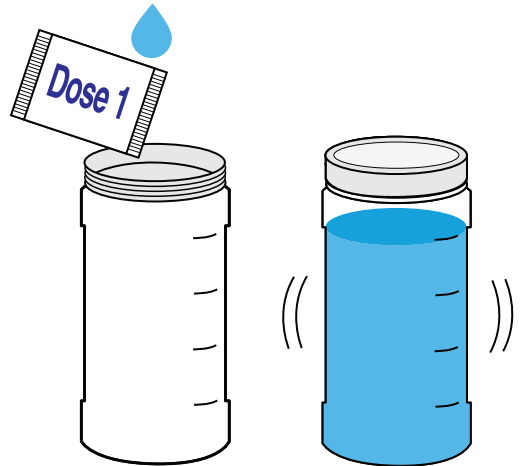
1 PLENVU®

You will receive:

- A 16 oz. container
- Dose 1
- Dose 2 Pouch A
- Dose 2 Pouch B

2 DRINKING YOUR BOWEL PREPARATION

- Add Dose 1 into the container with at least 16 ounces of water. Shake vigorously until it is completely dissolved.
- Drink your solution slowly within 30 minutes.
- Then, using your container, drink an additional two 16 ounces of water within an hour.



3 DRINKING YOUR BOWEL PREPARATION

- 6-8 hours before your procedure
 - Add Dose 2 (both Pouch A and Pouch B) in the container with at least 16 ounces of water. Shake vigorously until it is completely dissolved.
 - Drink your solution slowly within 30 minutes.
 - Then, using your container, drink an additional two 16 ounces of water within an hour.

