





Colonoscopy with Plenvu

Cancellation Policy: A \$100.00 fee will be charged to those who do not keep their appointment, cancel their appointment with less than 48 hour notice or if the patient fails to follow all instructions as outlined below that results in cancellation of the procedure. To cancel or reschedule, please call (806) 793-3141 ext 211.

Procedure Date: _____

SPEC (South Plains Endoscopy Center)
will call you three days prior to your procedure with your actual check in time.

YOUR BOWEL PREP IS EXTREMELY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY.

1 Week Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>▶ Purchase the following: -Plenvu Bowel Prep Kit (prescription from Dr.) -Clear liquids (no red or purple – see list for clear liquid choices) ▶ Optional – for sore bottom: -Plain or Aloe Baby Wipes -Desitin or A&D ointment ▶ Arrange for a responsible adult to stay with you during the procedure and take you home post-procedure. ▶ If you take fiber supplements or medications containing iron discontinue those 7 days before your appointment. This includes multi-vitamins with iron. ▶ You may continue your “baby” aspirin and regular aspirin. Let us know if you are on Plavix, coumadin, or other blood thinners. ▶ If you have diabetes you have been given a Diabetic Prep Sheet. ▶ Stop taking these medications:</p>	<p>▶ Begin low fiber diet. See handout for details. ▶ Stop consuming all high-fiber foods. ▶ Last chance to cancel appointment. Call your physician's office at the number below if you need to reschedule your procedure or if you have any questions:</p>	<p>▶ Continue low fiber diet. ▶ Drink at least 4 large glasses of water throughout the day.</p>  <p>No solid foods after midnight!</p>	<p>▶ Begin clear liquid diet. See clear liquid choice handout for suggestions and recipes! ▶ Please follow these instructions (disregard package instructions). ▶ Drink at least 4 large glasses of water throughout the day.</p>  <p>5:00pm: Take Dose 1 Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking until dissolved. This may take up to 3 minutes. Slowly finish dose within 30 minutes. 8:00pm: Take Dose 2 Refill the container with 16 ounces of clear liquid. Slowly finish all within 30 minutes.</p>	<p>Helpful Information: -If you experience nausea or vomiting while taking your prep- take a 15-30 minute break, then continue drinking prep solution. -Premix your prep and refrigerate the solution, it will be easier to tolerate. NOTHING BY MOUTH AFTER MIDNIGHT TODAY EXCEPT: You may take your essential morning medications with 4 tablespoons (2oz) of water, 2-4 hours prior to your procedure, unless otherwise directed by your physician. Be sure to bring the following: -Responsible adult driver to stay with you and drive you home. -Insurance cards – Drivers License/Photo ID- Any Co-insurance fees due. Please leave valuables at home.</p>