ABOUT THE PROCEDURE

The colonoscopy usually takes about a ½ hour. Expect to be at the hospital 2-3 hours for your test and recovery time. Dr. Perryman will speak with a family member after the procedure and let them know of the findings. The sedation medicine you receive for the procedure may prevent you from remembering everything that she says. There are no restrictions on what can be eaten after the procedure. However, you cannot drive the day of the colonoscopy; therefore, you will need a ride home from the hospital. You may be drowsy for the rest of the day, and may need additional rest.

If biopsies are taken, the results will be available in four-to-five days. Please call our office to obtain the results at (303)840-8822. Follow-up appointments can be made to discuss the biopsy findings, need for further studies, and other screening tests.

THE DAY OF THE COLONOSCOPY

- ✓ DO NOT EAT OR DRINK ANYTHING UNTIL AFTER YOUR PROCEDURE
- ✓ If you are to take your morning medicines, take with a small sip of water ONLY
- ✓ You will need to have an adult drive you home after your test. You will not be able to leave by yourself

Talk to Dr. Perryman or her medical staff if you have any questions or concerns

www.ColoradoColon.com



Lisa A. Perryman, MD, FACS, FASCRS

9397 Crown Crest Blvd., Suite 301 ◆ Parker, CO 80138 (303)840-8822 office ◆ (303)840-8824 fax

PLENVU BOWEL PREP INSTRUCTIONS

REPORT TO:	PARKER ADVENTIST HOSPITAL REGISTRATION, 1 ST FLOOR CROWN POINT SURGERY CENTER						
			9397 CROWN CREST BLVD, STE 110 SKY RIDGE SURGICAL CENTER 10099 RIDGE GATE PARKWAY, STE 100				
	DATE:	APPT TIME:				CHECK IN TIME:	

- Please report to Parker Hospital or Sky Ridge <u>1 ½ HOURS</u> prior to the test, or <u>1 HOUR</u> if it is at Crown Point.
- You will need to have someone drive you home after the colonoscopy. If you do not have a driver present, your procedure will be cancelled. You may not take a cab home. Working or driving is not permitted for the rest of the day due to sedation given during your procedure.
- NO ASPIRIN OR ASPIRIN PRODUCTS FOR <u>1 WEEK</u> PRIOR TO YOUR PROCEDURE. These products include: Advil, Motrin, Ibuprofen, Aleve, and Midol.
- Hold all herbal supplements, fish oil, glucosamine and vitamin E for 1 WEEK prior to your procedure.
- For pain, take only Tylenol (acetaminophen) unless otherwise directed by Dr. Perryman.
- Please inform Dr. Perryman if you are taking Coumadin,
 Xarelto, Plavix, or other similar blood thinning medications.
- Avoid fibrous food a week prior to procedure. No nuts, seeds, popcorn, or grains.

BOWEL PREP

REMEMBER: Your colonoscopy preparation is <u>VERY</u> important. An adequate clean-out allows for the best evaluation of your entire colon. Poor preparation could lead to the cancellation of your procedure. Using baby wipes or Tucks and Desitin ointment may ease some discomfort you may have during your prep. *Be kind to your behind!*

THE DAY BEFORE YOUR COLONOSCOPY:

- ✓ Do not eat any solid food the entire day before your colonoscopy
- Drink only clear liquids from the time you get up in the morning
- ✓ AVOID ALL RED, ORANGE, PURPLE, AND LIMIT DARK COLORED LIQUIDS
- ✓ Keep yourself well hydrated all day

Clear liquids include:

WATER, CLEAR FRUIT JUICES (NO PULP), POPSICLES, ICE, SOFT DRINKS, GATORADE, CLEAR BROTH OR BOUILLON, GELATIN, KOOL AID, COFFEE OR TEA (NO MILK OR CREAM). NO ALCOHOL.

Follow the schedule in the table for your bowel prep. You may need to get to the toilet right away. You will have many bowel movements throughout the day. They will become very watery. The bowels are clear or clean when there is only pale yellow fluid without flecks of stool.

BOWEL PREP INSTRUCTIONS:

You will need a prescription for ready-to-mix Plenvu, which Dr. Perryman will send electronically to your pharmacy. Pick up your prescription as soon as it is filled to avoid having it reshelved and not available when you need it.



PLENVU BOWEL PREP FOR COLONOSCOPY

• <u>Dose 1 – START AT 5:00 PM</u>

STEP 1: Pour the packet of Dose 1 into the jar provided Fill with cold water up to the fill line on the jar

STEP 2: Stir or shake for at least 3 minutes until dissolved (time this)

Drink the entire contents within 30 minutes

STEP 3: Refill the jar with water—do not rinse the jar out Drink this within 30 minutes



Dose 2 – START AT 10:00 PM

STEP 1: Pour pouch A and pouch B into the jar
Fill with cold water up to the fill line on the jar

STEP 2: Shake for at least 3 minutes until dissolved (time this)

Drink the entire contents within 30 minutes

STEP 3: Refill the jar with water—do not rinse the jar out Drink this within 30 minutes



DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT