PACT Physicians Alliance of Connecticut | **Hartford HealthCare**

PACT Gastroenterology Center
Hamden · Milford · Guilford

How to prepare
for your Colonoscopy
with Plenvu Kit

Follow only these instructions (disregard the instructions that come with the kit). Please read over these instructions carefully as soon as you receive them.

Remember, your appointment could be rescheduled or cancelled if:

- **You do not finish your prep or appropriately follow the prep instructions below.**
- **You consume any food or drink within 3 hours of your arrival time.**
- **You do not arrive for your appointment on time.**
- **You do not have a ride home.** Medications will be given to you at the time of your colonoscopy that will impair your judgment and reflexes. You will not be able to drive yourself, and you will only be able to use a taxi or bus service if you have a responsible adult age 18 year or older to accompany you.
- **You have a change in your health insurance coverage.** Your new plan may require us to obtain authorization before performing your colonoscopy, a process that can take some time. Please notify us of any changes to your insurance immediately.

One _week_ before your colonoscopy...

1. **Fill your prescription for Plenvu if you have not already.** If your pharmacy does not contact you regarding this prescription, please call them to verify if/when it is ready of pickup. If no prescription was received, is not covered by your insurer, or is too costly, please call (203) 281-4463, ext. 5152 to speak with our prescription line.
2. **Purchase items for the clear liquid diet:**
   o Clear broth or bouillon
   o Soda, Gatorade (yellow or clear) or clear fruit juice (apple, white grape, lemonade)
   o Popsicles (no purple, red, or orange) or italian ice (lemon or lime)
   o Jell-O (no purple, red, or orange)
   o Coffee or Tea (no milk, cream, or dairy).
3. **Arrange for transportation to and from your colonoscopy.** You will not be allowed to drive yourself. You may not use a taxi or bus service unless you have a responsible adult 18 years or older to accompany you.
4. **Please refer to the instructions provided by the office regarding preprocedure medication changes. If you have any questions, please contact the office.**
5. Stop taking iron supplements (multivitamins containing iron are OK).
6. ☐ **Must purchase a bottle of Infant's Mylicon (Only if box is checked)**

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One _day_ before your colonoscopy...

1. **Upon waking up**, begin the clear liquid diet:
   - <u>No solid food until after your procedure</u>
   - Water
   - Clear broth or bouillon
   - Soda, Gatorade (yellow or clear) or clear fruit juice (apple, white grape, lemonade)
   - Popsicles (no purple, red, or orange) or italian ice (lemon or lime)
   - Jell-O (no purple, red, or orange)
   - Coffee or Tea (no milk, cream, or dairy).
   - There is no limit to the amount of clear liquids you drink during the day.

2. **At 3pm in the afternoon**
   - Take the provided mixing container and mix the contents of DOSE 1 pouch with at least 16 ounces of water by shaking or stirring until completely dissolved (this may take 2-3 minutes).
   - Consume the entire 16-ounces of water-Plenvu mixture within 30 minutes
   - Refill the container with at least 16 ounces of clear liquid and drink this within 30 minutes.
   - ☐ Add 6ml Infant's Mylicon to the last 16oz of water (Only if box is checked)

On the day of your colonoscopy...

1. **No solid food until after your procedure**
2. **4 hours prior to your arrival time:**
   - Take the provided mixing container and mix the contents of DOSE 2 (pouch A and pouch B) with at least 16 ounces of water by shaking or stirring until completely dissolved (this may take 2-3 minutes).
   - Consume the entire 16-ounces of water-Plenvu mixture within 30 minutes
   - Refill the container with at least 16 ounces of clear liquid and drink this within 30 minutes.
   - ☐ Add 6ml Infant's Mylicon to the last 16oz of water (Only if box is checked)
3. **3 hours prior to your arrival time <u>stop consuming anything by mouth</u> (liquids or solids).**
4. Make sure to arrive on time for your appointment.