

North Hills Endoscopy Center

3344 N. Futrall Dr.
Fayetteville, AR 72703
(479)582-7280

The following instructions are to be followed so that you will have a clean bowel on the day of your colonoscopy. This is very important for adequate examination. **If these instructions are not followed, your procedure may be canceled. Plenvu Bowel Prep Kit is a split dose (2day) regimen. Both doses are required for a complete prep. Plenvu prescription is attached; please take it to the pharmacy of your choice to get it filled. If your insurance does not cover this preferred prep, please contact our office or ask the pharmacy to contact us to see about a more affordable alternative.**

One week before your scheduled procedure:

- Please do not take any iron or iron supplements (multivitamin is OK).
- Please continue to take your aspirin or baby aspirin as usual up to your appointment.

If you have any of the following conditions, please call our office to speak with a nurse prior to your appointment:

- If you are on Coumadin, Ticlid, Plavix, Lovenox or any other prescribed blood thinners.
- If you are allergic to latex. This does not include a latex sensitivity, such as tape.
- If you have an internal defibrillator.

The day before your exam:

- You will be on a clear liquid diet from the time you get out of bed (this consists of 7up, coke, broth, strained soup, coffee, juices that are pulp free, etc. Also, you may have Jell-O and popsicles, but avoid cherry and strawberry because of the red dye that will stain the colon).
- **DO NOT CONSUME ANY SOLID FOODS OR MILK PRODUCTS THE DAY BEFORE OR THE DAY OF THE EXAMINATION.**
- If you are diabetic and you take Insulin, take ½ dose the day before your procedure. If you take oral diabetic meds, you may take the full dose the day before. Also make sure you have some liquids WITH sugar in them as well as the sugar-free kind as part of your clear liquid diet.
- **We recommend using a baby rash ointment such as Desitin to help protect the delicate anal tissues from irritation associated with the bowel movements. Continue to apply as needed.**

Begin Step 1 at 6:00pm on the evening before your procedure.

-Step 1: Pour the **DOSE 1** pouch of **Plenvu** into the mixing container and fill with water to the fill line and mix well.

-Step 2: Drink this solution over 30 minutes. Rinse container and refill with clear liquid and drink entire contents over 30 minutes. Some patients find it is helpful to drink the prep solution through a straw. If you have trouble with severe nausea, stop the prep for 1 hour, and then resume drinking slowly. If needed, an over the counter Dramamine can be helpful with reducing the nausea.

The day OF your procedure:

Begin Step 1 at 4:30am the morning of your procedure.

-Step 1: Pour the **DOSE 2** Pouch A and the **DOSE 2** pouch B into the mixing container and fill with water to the fill line.

-Step 2: Drink the entire amount over 30 minutes. Rinse container and refill with clear liquid and drink the entire contents over 30 minutes.

- You may continue to have clear liquids the morning of your procedure up to **2 hours prior** to your arrival time.
- **It is important that you follow these instructions exactly for an effective prep.**
- **If you are diabetic please take a blood sugar the morning of your procedure and bring that number to the center with you.**
- **DO NOT** take any of your diabetic medications the morning of your procedure.
- Please take any medications **for your heart or blood pressure** with a small sip of water on the morning of your procedure.
- You will not be able to **work, drive, or make any business decisions** the day of your procedure.

*****DO NOT DRINK ANYTHING FOR A FULL TWO HOURS PRIOR TO YOUR ARRIVAL!*****

****DO NOT USE CHEWING TOBACCO OR SNUFF FOR 6 HOURS PRIOR TO YOUR PROCEDURE!****

DO NOT SMOKE TOBACCO OR MARIJUANA PRODUCTS AFTER MIDNIGHT THE DAY OF YOUR PROCEDURE!

It is our policy that you have an adult driver to take you home after the procedure. If you do not have a driver, your procedure will have to be canceled or done without sedation. Taxi services are not acceptable unless you have someone to ride with you. Out of courtesy to other patients waiting for appointment availability, please note that we have a 3 business day cancellation policy. **All other cancellations/no shows may be subject to a \$50.00 cancellation fee.**

Please report to North Hills Endoscopy Center at 3344 N. Futrall Dr. North Hills Endoscopy Center is located inside of the Fayetteville Diagnostic Clinic. If you have any questions, please feel free to call our scheduling dept. at **(479)582-7289**.

North Hills Endoscopy Center

3344 N. Futrall Dr.
Fayetteville, AR 72703
(479)582-7280

Your appointment is: **DATE:** _____ **TIME:** _____ (arrive 45 minutes prior to appt time)