



## NEWBURYPORT GASTROENTEROLOGY

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### 2 DAY PLENVUE INSTRUCTIONS

Thank you for choosing Newburyport Gastroenterology for your colonoscopy. We want to make sure that your procedure goes as smoothly as possible. **Please read all of the instructions in this packet at least 1 week prior to your colonoscopy.** All instructions should be followed, or your colonoscopy may be cancelled. If you have any questions, please call us at 978-465-4622.

**Arrival Time:** We will confirm your arrival time 4 days before your procedure.

**Procedure Location:** Anna Jaques Hospital, 25 Highland Avenue, Newburyport, MA 01950

- Most patients are ready for discharge within 2 ½ hours of the scheduled arrival time but occasionally unforeseen events occur that could result in delays. You will be informed of any potential delays when you arrive.
- Your escort should be available to meet you within 30 minutes after we call.

### Plan Ahead

- ☐ Arrange for an adult escort to take you home after your procedure.
- ☐ Read your prep instructions carefully. Plan to buy any items you will need for your prep.
- ☐ Please note that Anna Jaques Hospital policy requires that women up to age 55 years old have a pregnancy test prior to having any endoscopic procedure. When you arrive for your procedure, a registered nurse will screen you for the test and if needed, request that you provide a urine sample.
- ☐ Read the information about the day of your procedure in this packet. It will tell you what to bring.

It is very important that you keep this appointment. If you must cancel, please call us at least 5 business days before your appointment by calling 978-465-4622. Calling ahead allows us to reschedule your appointment and give that slot to another patient.

## **Shopping List and Diet**

This sheet tells you what you will need to clean your bowels so that your doctor can see polyps or other problems inside your colon. If your bowels are not clean, you may have to reschedule your test. If you have questions about this colonoscopy prep, call your gastroenterologist.

**Items you will need to buy one week before the colonoscopy:**

☐ Plenvue Prep Kit

☐ MiraLAX

☐ Simethicone (Gas-X) Tablets

## **Diabetic Patients**

- If you take pills to control your blood sugar such as **Glipizide, Glucotrol, Metformin, Actos, Januvia** or others, do not take it on the day of the colonoscopy.
- If you are taking GLP-1 antagonist such as **Saxenda, Byetta, Victoza**, stop this the day before the procedure.
- If you are taking GLP-1 antagonist such as **Wegovy, Ozempic or Trulicity weekly**, this will need to be held 1 week prior to the procedure.
- If you are taking regular insulin or **NPH insulin**, do not take it on the day of the procedure.
- If you take other insulin medications such as **Lantus, Humalog or 70/30 insulin**, it is recommended that you take ½ your usual dose the evening before your colonoscopy and none the day of the procedure.

## **One week before the procedure – Patients on blood thinners**

- If you use Aggrenox, Arixtra, Coumadin, Warfarin, Brilinta, Effient, Eliquis, Plavix, Pletal, Pradaxa, Ticlid, Xarelto or any blood thinner (anti-coagulant), please follow the instructions for stopping or not stopping these medications that were provided by your gastroenterologist. If you did not receive instructions, or have additional questions, please call the office at 978-465-4622.
- If you take a daily dose of aspirin, there is no need to discontinue it unless your gastroenterologist specifically told you to do so.
- If you take NSAID's such as Naprosyn, Aleve, Ibuprofen or Advil, these do not need to be discontinued unless your gastroenterologist specifically told you to do so.

**Seven (7) days before your procedure:**

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- If you take iron pills, vitamins and/or herbal supplements, stop taking them 7 days before your procedure.
- Start your low fiber / residue diet. Don't eat popcorn, seeds, nuts, salad, corn, beans, peas, whole grain or wheat breads, raw fruits or raw vegetables (well-cooked fruits and vegetables are acceptable) until after your procedure.

## Two (2) days before your procedure:

**Follow a clear liquid diet only.** Clear liquid is any liquid that you can see through. Do not drink any red, orange or purple liquids. Examples of clear liquids are black tea or coffee, water, white grape juice, apple juice, soda, sports drinks such as Gatorade, Jellos, popsicles, Italian ice or broth.

**Remember, you are to remain on a clear liquid diet until after your procedure.**

- **No solid foods**
- **No dairy products**
- **No alcoholic beverages**

### **4 PM- (two days before the procedure)**

Take 4 doses of MiraLAX (1 dose = 1 capful) mix with any clear liquid.

### **4:15 PM (2 days before the procedure)**

Take an additional 4 doses of the MiraLAX

**\*\*\*Please note MiraLAX is available over the counter. No prescription is needed\*\*\***

If you move your bowels 2 times a week or less, or if you use a laxative more than 2 times a month, at bedtime take 4 tablespoons of Milk of Magnesia.

## The day before your procedure:

**FOLLOW A CLEAR LIQUID DIET ONLY.** Clear liquid is any liquid that you can see through. Do not drink any red, orange, or purple liquids. Examples of clear liquids include water, tea, black coffee, clear broth, apple juice, white grape juice, sodas, sports drinks (such as Gatorade), and Jello.

**Remember, the day before the procedure, do not consume:**

- Solid foods
- Dairy products
- Alcoholic drinks

**You will need to purchase 4 Gas X (simethicone) tablets over the counter at your local pharmacy.**

**6 pm (evening before the colonoscopy) - DOSE ONE (1)**

- Empty dose 1 pouch into the mixing container.
- Add 16 ounces of water to the container. Mix until the solution is completely dissolved.
- Take your time and slowly drink the solution within 30 minutes. Again, take your time and drink slowly.
- After completing the solution, you must drink 16 ounces of a clear liquid within 30 minutes.

**9 pm (the night before your procedure)**

- Take 2 gas X pills (simethicone) with 8 ounces of clear liquid.

**Day of your procedure:**

If your arrival time is early in the morning, you will need to finish drinking the laxative in the early morning hours even if that means you will not get much sleep.

**6 hours prior to your procedure --Dose 2**

- Take 2 Gas X (Simethicone) pills with 8oz of clear liquid.
- Empty Dose 2 pouch into the mixing container.
- Add 16 ounces of water to the container. Mix until the solution is completely dissolved.
- Take your time and slowly drink the solution within 30 minutes. Again, take your time and drink slowly.
- After completing the solution, you must drink 16 ounces of clear liquid within 30 minutes.

**3 hours before your scheduled procedure time**

- Stop drinking all liquids.
- Do not eat any food.
- If you drink liquids, chew gum, eat hard candy, or eat any food within 3 hours of your procedure, it will need to be postponed or cancelled.

**Additional Information:**

- **NOTHING BY MOUTH 3 HOURS PRIOR TO PROCEDURE**

- **YOU WILL NEED TRANSPORTATION ARRANGMENTS:**
  - You will need someone to drive you home.
  - You cannot walk home.
  - A taxi is permissible only if you are accompanied by a responsible adult.
- Leave valuables at home. Wedding bands may be left on.
- **BE SURE TO TAKE ALL OF YOUR PRESCRIBED MORNING MEDICATIONS AS YOU USUALLY DO WITH A SMALL SIP OF WATER, UNLESS INSTRUCTED OTHERWISE BY THE PHYSICIAN.**
- **If you are on a Beta-Blocker medication (metoprolol, atenolol, nadolol, propranolol etc.):**  
**BE SURE TO TAKE THIS THE MORNING OF YOUR PROCEDURE.**
- **Please bring inhalers and diabetes medications with you to the hospital if applicable.**
- After your procedure, instructions will be written down prior to you going home. You may also contact the office with any questions you may have.

**PLEASE NOTE:**

- If you are unable to keep your appointment on the date scheduled, please call our office to reschedule as soon as possible. A 72-hour advance notice is desirable. Please be advised that scheduling is done by medical necessity.
- We will contact you four days prior to your procedure to confirm the time to arrive. You will need to arrive at the Anna Jaques Surgical Day Area 45 minutes prior to your procedure time unless otherwise instructed. If you are delayed, please call the Endoscopy Unit at 978-463-1273.
- Your privacy and the privacy of all other patients is important to us. Please limit the number of escorts/family members who accompany you to the Hospital.