



Preparing for your Colonoscopy

What is a Colonoscopy? A colonoscopy is a procedure to examine your colon (large intestine). It is very important to clean out your colon so that the provider can clearly see any areas that need attention to keep you healthy.

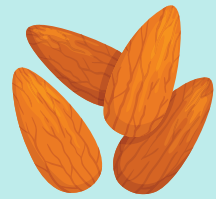
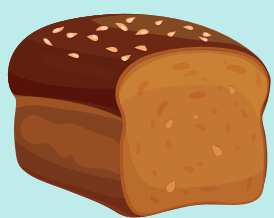
5 Days Before Your Colonoscopy



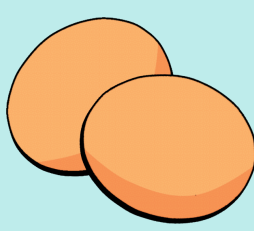
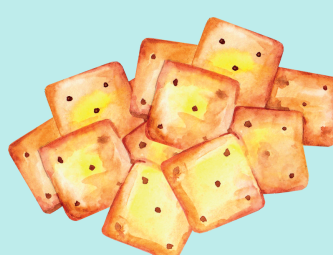
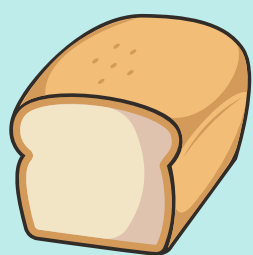
1. Stop eating berries or foods with seeds.
2. Stop taking any iron medications.
3. Start a low-fiber diet.

Avoid These Foods: whole wheat breads, cereals, crackers and rolls; whole wheat pasta, brown or wild rice; any item with nuts, seeds and fruits; granola, cornbread, tough meat, raw fruits, prunes and prune juice, berries, raisins and dried fruits; raw or partially cooked vegetables.

Avoid These Foods: milk and milk products.



You Can Eat: white bread, rolls and biscuits; white rice or noodles; plain crackers, skinless cooked potato; skinless chicken, fish, canned fruits without seeds or skin; eggs; vanilla wafers.



4. DO NOT drink alcohol 3 days before your colonoscopy.
5. Make sure to tell your escort about your appointment.



No alcohol 3 days before: or your doctor will need to increase the medicine needed to keep you comfortable during the colonoscopy.



Call if you or your escort has questions:
(907) 842-9222.

1 Day Before Your Colonoscopy



1. Start a clear liquid diet @ 8:00am. Please do not eat breakfast or drink coffee on this day.
2. Come to your pre-op appointment:

Date: _____ Time: _____

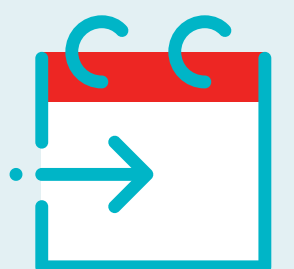
Doctor: _____

3. Pick up your colonoscopy prep medications at the Pharmacy.
4. Start your colonoscopy prep called Plenvu.

Scan the QR code with the camera app on your phone to watch a quick video about how to take Plenvu.



On The Day Of Your Colonoscopy



1. Your colonoscopy is scheduled for:

Date: _____ Time: _____

Doctor: _____

One Hour Before Colonoscopy Starts



1. Check-in at Registration in the Outpatient Lobby area.
2. Check-in at the Emergency Department and a nurse will get your IV put in.
3. You will be taken to the Endoscopy Clinic waiting area for your scheduled procedure.

Bring something to keep you busy while you wait.



How to Follow a Clear Liquid Diet

Foods OKAY to eat on Clear Liquid Diet

OK to Eat:

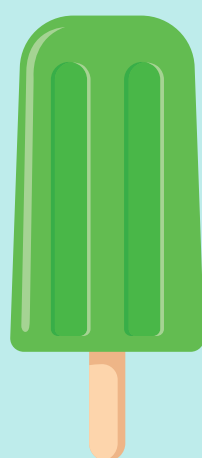
- Water, sparkling water, clear flavored water
- Tea with sugar or honey
- Chicken, beef, or vegetable broth (no pieces of meat, eggs, or noodles in broth)
- Jell-O or popsicles (NO RED)
- White mints or hard candy (NO RED, BLUE, PURPLE)
- Clear fruit juices without pulp (apple or white grape is good)
- 7-up, Sprite, Gatorade, Crystal Light, ginger-ale, or lemonade (NO RED)



Clear, nonfat broths



Water & clear nutritional drinks



Pulp-free popsicles



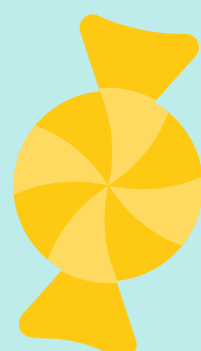
Tea – No milk or nondairy creamer



Strained, pulp-free fruit & vegetable juices



Sodas & sports drinks



White mints & hard candies



Gelatin

1 Day Before Your Colonoscopy

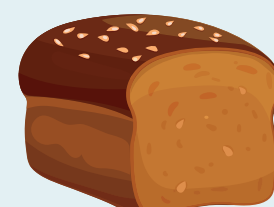


1. Start a clear liquid diet @ 8:00am. Please do not eat breakfast or drink coffee on this day.

DO NOT eat on Clear Liquid Diet

DO NOT Eat:

- No nuts or seeds
- No alcohol or coffee
- No ice cream or smoothies
- No milk or cream
- No breads, meats, eggs, or dairy
- No soy milk, almond milk, or rice milk
- No juices or sports drinks that are red/orange or have pulp such as orange, grapefruit, or tomato.



Bread



Nuts or seeds



Fruit



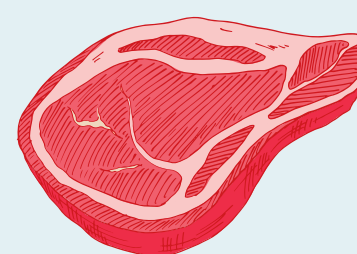
Ice cream



Dairy products



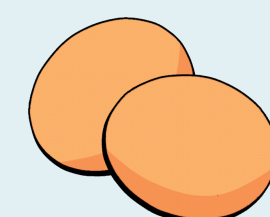
Milk



Meat



Alcohol



Eggs

Please call 1 (800) 478-5201 or (907) 842-9222 if you have any questions, need to reschedule, or cancel your appointment.

Brandace Norbert, CMA, Endoscopy Technician, BBAHC Endoscopy Clinic



How to take your Colonoscopy Prep

1 Day Before Your Colonoscopy



1. Start your colonoscopy prep called Plenvu.

Prep Start Date: _____ .

Start your colonoscopy prep medication (Plenvu) the day before your procedure. You must take all the medicine for the best chance at a great colonoscopy.

You will take 2 doses of Plenvu: one the day before your colonoscopy _____ ,

AND

the other on the morning of your colonoscopy day _____ .

DOSE #1: The DAY BEFORE your colonoscopy

1. Between 4:00pm and 6:00pm– Start Plenvu DOSE #1 (see package instructions). Also, take 2 Bisacodyl pills.

2. Stay close to the bathroom, the medicine is made to clean out stool/poop/anuk from your colon.

3. If your bottom area becomes painful and sore you can put on the Menthol/Zinc Oxide ointment up to 4 times a day.

4. If you feel sick to your stomach or like puking you can take the Ondansetron every 8 hours as needed. Place the tablet under your tongue and let it dissolve.

5. Drink 4 ounces of water every time you stool/poop/anuk to stay hydrated.

6. Do not eat any food after midnight. You should only drink Plenvu and water after midnight.

DOSE #2: The MORNING OF your colonoscopy

1. Between 4:00am and 6:00am– Start Plenvu DOSE #2 (see package instructions). Also, take the other 2 Bisacodyl pills.

2. You may drink water until 2 hours before your procedure.

3. By this time, your stool/poop/anuk should be clear and watery– this is good.

4. 1 hour before your procedure, check in at Registration in the Outpatient Lobby area, then go to the Emergency Department and a nurse will put your IV in.

5. Next, the nurse will show you to the Endoscopy Clinic waiting area for your scheduled procedure. Bring something to keep you busy while you wait for your turn.

6. After you wake up from the procedure the doctor will explain your results and answer your questions.

7. Your escort will need to be with you when it's time to be discharged home.

Scan the QR code with the camera app on your phone to watch a quick video about how to take Plenvu.



We're here to help you!
Call us at (907) 842-9222.