



Your procedure will be performed at the following location:

- Cascade Endoscopy Center** – 1007 Harlow Road, Suite 110, Springfield, OR 97477

Visit our website to access all forms: cascadeendocenter.com or call us @ 541-726-8882

- McKenzie-Willamette Medical Center** - 1460 G Street, Springfield, OR 97477

Rx/Prescription process:

The physicians' office will send the prescription to your pharmacy 7 days prior to your appointment.

Please check with your pharmacy FIRST to see if it is there and available for pick-up.

If they do not have the prescription: CALL 458-234-0082

Typical prep cost should be \$70 or less; if there is a cost concern at the pharmacy, **DO NOT PICK IT UP. Call 458-234-0082 ASAP.**

5-7 days prior to your procedure date:

- Pick up your prep kit from the pharmacy
- Purchase 1 10 ounce bottle of Magnesium Citrate (clear) over the counter at the store. (\$1-\$3)
- Read over all procedure instructions. Be familiar with the clear liquid diet and prep times.
You will need to follow our instructions, not what is on the prep kit from the pharmacy.
- STOP eating all nuts and seeds
- STOP iron
- REVIEW blood thinner/diabetic instructions if those apply to you
- NO NSAIDS (Advil, Ibuprofen, Motrin, Naproxen, Aleve, etc.) for the 2 days prior to your procedure

3 days prior to your procedure date (if applicable):

If your weight is 175 lbs or more:

1. Please purchase a bottle of Miralax® over the counter
2. Take 2 capfuls each day for the 3 days prior to your procedure

This will help to soften your stools prior to the bowel prep process. This will help to ensure you have a good clean out for your procedure.



Plenvu Instructions

Follow these instructions - **NOT** what is provided with the prep kit

Please take your regularly scheduled medications during the preparation process, unless advised to stop. Take medications either 2 hours before or after drinking the prep.

1 day prior to your procedure (Prep day #1)

ONLY A CLEAR LIQUID DIET TODAY

@ 2pm:

1. Pour contents of Dose 1 package into the mixing container. Add water to fill line.
2. Drink all of the container over 30 minutes.
3. Drink an additional 32 ounces of clear fluids over the next 1 hour.

@ 5pm:

1. If you are still having formed/solid stools or have not had any bowel movements: DRINK the 10 ounce bottle of Magnesium Citrate.

@ 8pm:

1. If you are still having formed/solid stools, continue to DRINK clear fluids. If you have prep questions, please contact the 24 hour hotline: 1-855-MY-PLENVU. For urgent needs, please contact the on-call provider @ 458-234-0087.

Your procedure day (Prep day #2)

ONLY CLEAR LIQUIDS UNTIL AFTER YOUR PROCEDURE

@ 5 hours prior to your procedure time: _____ (please use this space to write in your start time)

1. Pour contents of Dose 2, pouch A&B into the mixing container. Add water to fill line.
2. Drink all of the container over 30 minutes.
3. Drink an additional 32 ounces of clear fluids over the next 1 hour.

Your bowel movements should become yellow to clear, looking like urine

@ 3 hours prior to your procedure time: _____ (please use this space to write in your start time)

1. **STOP** all fluids 3 hours prior to your procedure time; not following this will delay your procedure.

Do not use tobacco, alcohol, or marijuana today

You MUST have a driver to take you home after your procedure

Clear Liquid Diet

Please remember that for a colonoscopy procedure you will be on a clear liquid diet **the DAY OF AND THE DAY PRIOR** to your appointment.

Please ensure that you do not only drink water during your bowel preparation process; this can lead to dehydration.

Clear liquids are those which you can see through. No solids, pulps, and no dairy.

Look for clear, green, yellow flavors and colors

AVOID: Red, orange, purple dyes; as these can look like blood

AVOID: Alcohol during the preparation process

You will need to include liquids with calories, sugar, and electrolytes as you are not eating; even if you are diabetic. Please use the diabetic handout if this applies to you.

Remember, you **must STOP ALL FLUIDS for the 3 hours prior** to your procedure

So what can I have?

- Black coffee, tea
- Clear juices: Apple, white grape, lemonade
- Coconut Water - No pulp
- Sodas/Pop: Pepsi, Coke, Sprite, etc. - *Watch color/flavor selection as noted above*
- Clear sports drinks: Gatorade, Powerade, Propel, Pedialyte - *Watch color/flavor selection as noted above*
- Broths/bouillon (chicken, beef, vegetable, bone)
- Jell-O - *Watch color/flavor selection as noted above*
- Popsicles/Italian ice - *Watch color/flavor selection as noted above*
- Gummy Bears - *Watch color/flavor selection as noted above*

Please note that this is not an all-inclusive list, please call us if you have specific questions.