

---

## Office Colonoscopy 2-Day Prep

Two days before your procedure: \_\_\_\_/\_\_\_\_/\_\_\_\_

- You can eat a **regular breakfast and lunch**.
- At **5:00 PM**, switch to a **full liquid diet** (like soups, smoothies, or milk).
- At **7:00 PM**, drink your **first dose of Plenvu**. This should take about **one hour** to finish.
- After you start drinking Plenvu, follow a **clear liquid diet** (see the attached menu for options).

Day before your procedure: \_\_\_\_/\_\_\_\_/\_\_\_\_

- Today, you can only have **clear liquids—no solid food**.
- At **7:00 AM**, drink your **second dose of Plenvu**, just like you did the night before.
- At **5:00 PM**, start drinking the **Golytely solution**. Drink **8 ounces every 15 minutes** until the bottle is empty. This will take about **2 hours** to finish.
- You can continue having **clear liquids until midnight**.
- **After midnight, do not eat or drink anything**, including water, medications, gum, or candy.

Day of your procedure: \_\_\_\_/\_\_\_\_/\_\_\_\_

Please arrive at **Suite 207** at least **30 minutes before your scheduled procedure time**.  
\_\_\_\_:\_\_\_\_AM/PM.

You will be given **IV anesthesia**, so **you cannot drive yourself home**. Make sure you have a **responsible adult (18 or older)** to go with you and take you home after the procedure.

**Female patients who still get their period** will need to give a **urine sample** before the procedure.

**Do not wear any jewelry, nail polish, or acrylic nails on the day of your procedure.**

It is **YOUR RESPONSIBILITY** to contact our office regarding any biopsy results. Results are usually available 3-5 business days after the exam is performed. Please call 773-631-2728.

**Medications: Blood pressure and heart medications may be taken before 7 AM the morning of the procedure. All other medications may be taken up until midnight the day before the procedure.**

If you are currently taking aspirin, aspirin products, or blood thinners, please see the hand out that has been provided for dosing instructions.

A bleeding profile test must be performed the day before the procedure if you take Coumadin/Warfarin, or if you have a history of liver disease (i.e. cirrhosis).

If you are diabetic, you may not have any oral diabetic medication the day before the test. If you use insulin, please contact your PCP regarding modification of dosage. On the exam date, check your blood sugar and record here \_\_\_\_\_.

