

1. These instruction sheets contain key information on how to prepare for your colonoscopy procedure. **If you have any questions, contact the GI office at 415-502-4444, gi@ucsf.edu or visit. <http://endo.ucsf.edu>.**
2. Please read and follow all instructions provided by the UCSF GI Clinic at least 7 days in advance. Do not follow instructions from other sources, including your prescription unless specifically designated by the ordering doctor.
3. Please fill your prescription within 7 days as your pharmacy may not keep the prep. **Your bowel prep includes an over-the-counter medicine named Simethicone. Please purchase Simethicone from your pharmacy separately prior to your colonoscopy.**
4. Please be aware that all patients need a ride home following the procedure. No driving or important decisions should be made the rest of the day.
5. If you plan to cancel your procedure, please notify us 7 days in advance.

Before your procedure adjust your medication as follows:

STOP:	STOP:	Ok/Approved to Take:
<ul style="list-style-type: none"> ○ Rivaroxaban (Xarelto®), Apixaban (Eliquis®), Dabigatran (Pradaxa®), Enoxaparin (Lovenox®) – 1 day before ○ Canagliflozin (Invokana®), Dapagliflozin (Farxiga®) and Empagliflozin (Jardiance®) – 3 days before ○ Warfarin (Coumadin®) – 4 days before 	<ul style="list-style-type: none"> ○ Clopidogrel (Plavix®) or Ticagrelor (Brilinta®) – 5 days before ○ Iron containing tablets – 5 days before ○ Ibuprofen, Naproxen (Anaprox, Naprelan, Naprosyn, Aleve) – 5 days before ○ Prasugrel (Effient®) – 7 days before 	<ul style="list-style-type: none"> ○ Blood pressure and heart medication ○ Inhalers ○ Diabetes medication ○ Aspirin

SPECIAL NOTE ABOUT DIABETES/WEIGHT LOSS MEDICATIONS:

Semaglutide (Ozempic, Rybelsus), Dulaglutide (Trulicity), Exenatide (Bydureon, Byetta), Liraglutide (Victoza, Saxenda), Lixisenatide (Adlyxin)

- If you take these once per week → Do not take the dose 7 days before your procedure
- If you take these once per day → Hold the dose the day before your procedure
- If you take these twice daily → Hold the evening dose the day prior to your procedure

Contact your primary care provider (PCP) if you have specific questions about medicines you take. Visit ucsf.logicnets.com for more information about diabetes medication management before your procedure.

To best clean out your colon, adjust your diet starting 3 days before your colonoscopy:

3 Days Before:

STOP:



- All raw fruits and vegetables
- All fruits and vegetables with seeds (cucumbers, tomatoes, strawberries)
- Nuts
- Popcorn
- Seeds (i.e. flax and chia seeds)
- Whole grains/beans
- Quinoa

Ok/Approved to Take:



- Cooked fruits and vegetables without seeds
- Eggs
- Milk
- Noodles
- Poultry and fish
- Skinless potatoes
- White bread
- White rice

1 Day Before:

STOP:



- All Solid foods

Ok/Approved to Take:



- Water/coconut water
- Coffee/tea without milk
- Sports drinks (i.e., Gatorade)
- Honey & sugar
- Clear juices/broth
- Gelatin/popsicles

Eating solid food the day before your procedure may result in your procedure being cancelled. Please adhere to the clear liquid diet 1 day prior and be sure to stay hydrated.

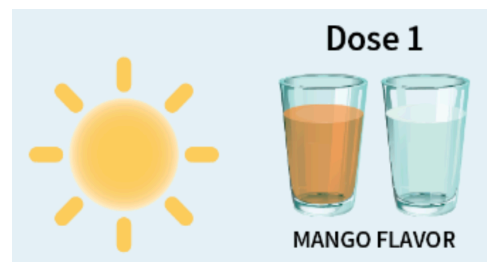
If your bowel prep is not adequate, rather than giving you an incomplete or poor examination, your procedure may have to be rescheduled.

Before Your Colonoscopy:

- You will receive a PLENVU bowel kit which includes a disposable container and 3 pouches (labeled Dose 1, Dose 2 Pouch A and Dose 2 Pouch B).
- Purchase over the counter Simethicone tablets from your pharmacy separately (commonly sold under the name Gas-X or Mylanta Gas).

8 Hours Before Your Colonoscopy:

- Mix the contents of the PLENVU pouch labeled Dose 1 with at least 16 ounces of water by shaking or stirring until it's completely dissolved.
- Drink and finish the dose within 30 minutes.
- Chew and swallow Simethicone tablets while drinking your solution (for best results, we recommend a total of about 400 mg which is typically 3-4 tablets. Check the label on the box to confirm because it may vary depending on the brand).
- Refill the same container with at least 16 ounces of clear liquid.
- Drink and finish the second dose within 30 minutes.
- Continue to drink clear liquids over the next hour.



4 Hours Before Your Colonoscopy:

- Mix the contents of both the PLENVU pouches labeled Dose 2 Pouch A and Dose 2 Pouch B with at least 16 ounces of water by shaking or stirring until it's completely dissolved.
- Drink and finish the dose within 30 minutes.
- Chew and swallow Simethicone tablets while drinking your solution (take the same amount that you took the night prior).
- Refill the same container with at least 16 ounces of clear liquid.
- Drink and finish the second dose within 30 minutes.
- Continue to drink clear liquids as needed.
- You must stop all drinking strictly 2 hours before the time of your procedure.
- **You must not eat anything the day of your procedure.**

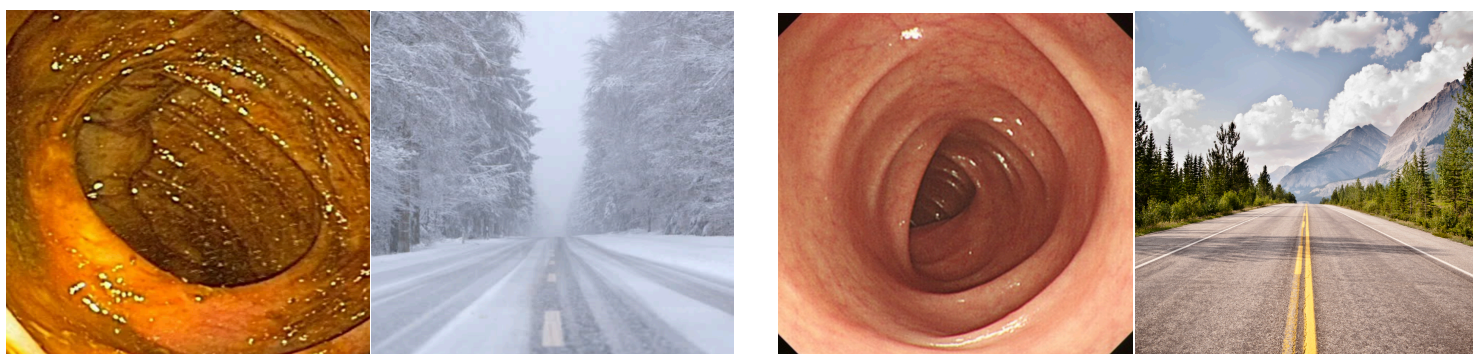


It is important for you follow the instructions for your bowel prep to adequately clean out the inside of your colon. Your doctor must be able to see your colon wall entirely to do the test properly. If it is dirty on the inside, your doctor may not be able to see important things like polyps or cancer and you may need to repeat the test.

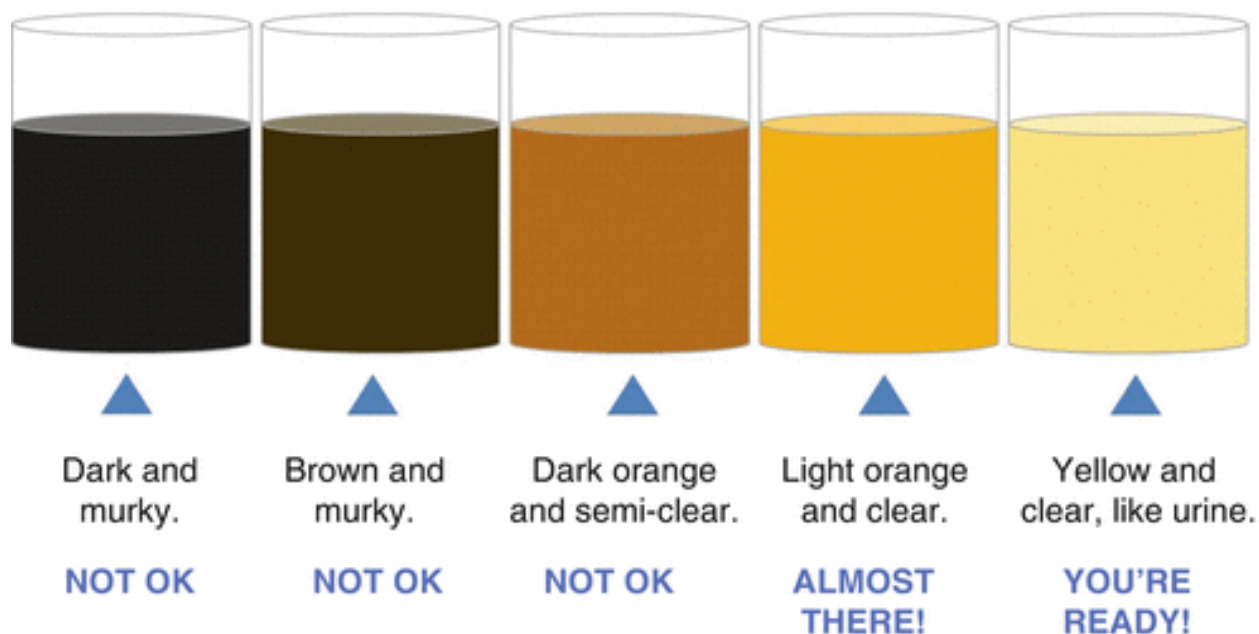
**Think of it this way: A dirty colon is like driving in a snowstorm.
A clean colon is like driving on a country road on a sunny day.**

Dirty Colon

Clean Colon



As you drink your prep, the stool coming out should slowly begin to look like the solution you are drinking – clear without any particles. Below is a guide to help see what your stool should look like in the toilet when your prep is complete.



Double check your appointment location—there are three locations in San Francisco:Parnassus Endoscopy

505 Parnassus Avenue
1st Floor, L103
San Francisco, CA 94143

Mount Zion Endoscopy

1600 Divisadero Street
1st Floor, B123
San Francisco, CA 94115

Mission Bay Endoscopy

1855 4th Street
2nd Floor
San Francisco, CA 94158

If you have questions, please visit our endoscopy website at <http://endo.ucsf.edu/>.

Prescription Reminder

- Make sure you have received a prescription for the bowel prep or that your pharmacy received an electronic prescription. If not, please contact our office at (415) 502-4444, or you may email us via MyChart or at GI@ucsfmedctr.org.
- Purchase over the counter Simethicone tablets from your pharmacy.

Transportation Reminder

- Your ride/responsible adult must be readily available to pick you up when called. This is usually within 2-3 hours after your arrival to the unit.
- Public transportation or taxi/uber/lyft rides are not allowed unless you have a responsible adult accompanying you home with you.
- Unfortunately, if you are not able to secure a ride/responsible adult, we will need to cancel the procedure, and reschedule it at another time.

How much does the prescription cost?

This amount will depend on your insurance coverage and may range anywhere from \$15-\$75. The preparation was designed to ensure that your colon is completely clean so your doctor can be certain he/she has performed the best colon cancer screening possible.

What if I don't like the taste?

The instructions you received contain the results of several taste tests that determined the best way to flavor the laxative. If you don't care for lemon or lime, you may also use tea bags or iced tea to improve the flavor. Drinking the solution through a straw may help to try to "bypass" your taste buds. The laxative has been sweetened with NutraSweet so do not add sugar unless necessary. You may add clear juice or soda to the bowel prep and make it cold which may help. Sucking on a lemon drop or hard candy after each glass can be helpful, as well.

I have diarrhea; do I need to drink the entire laxative amount?

Even though you think your colon is clean, it is best to be sure by taking the preparation as prescribed. Having loose stools with your bowel prep is expected.

I don't weigh much. Do I need to drink the entire amount?

Yes. All colon lengths are the same, no matter how much you weigh.

I feel nauseated or feel too full to drink the rest of the laxative. What do I do?

Your prescription included 1 capsule to be used to relieve nausea. Use them as directed in your instruction sheet. If you are too full to continue drinking, take a break until you feel less full and then resume drinking.

My bowels haven't moved yet after drinking the laxative. What do I do?

People typically experience a bowel movement within a couple hours of starting the prep, but this varies from person to person. If you tend to have constipation it will take longer. If you have experienced no effects after several hours, you should consult your physician.

For more information and answers to frequently asked questions, please visit <http://endo.ucsf.edu/>