

Colonoscopy Instructions and Bowel Prep

To Make an Appointment

- For Hyde Park, Hinsdale, Northbrook, Orland Park, River East: Call **(773) 702-6767**
- For Crown Point: Call **(219) 407-5807**

UChicago Medicine Procedure Locations

- ❑ **Crown Point:** 10855 Virginia St. Crown Point, IN 46307 **(219) 407-5807**
- ❑ **Hinsdale:** 10 Salt Creek Lane Hinsdale, IL 60521 **(773) 702-6767**
- ❑ **Hyde Park:** Center for Care and Discovery (CCD) 7th Floor
5700 South Maryland Ave, Chicago, IL 60637 **(773) 702-6767**
- ❑ **Northbrook:** 400 Skokie Blvd. Suite 300 Northbrook, IL 60062 **(773) 795-2580**
- ❑ **Orland Park:** 14290 South Lagrange Road, Orland Park, IL 60462 **(773) 834-9445**
- ❑ **River East:** 355 East Grand Ave, Chicago, IL 60611 **(773) 795-4662**
- ❑ **Tinley Park:** Ingalls Family Care Center, Entrance C
6701 West 159th Street Tinley Park, IL 60477 **(708) 429-0222**

Know Your Medication Instructions Before Your Procedure

If you take any of the medications listed below, **call your doctor at least 2 weeks before your exam** for instructions about when to hold them (stop taking until after the procedure).

Hold the following medications as instructed by your doctor:

- **Antiplatelet medications:** Plavix® (clopidogrel), Brilinta® (ticagrelor), Effient® (prasugrel), Ticlid® (ticlopidine), Pletal® (cilostazol) or any other antiplatelet medications
- **Blood thinning medications:** Coumadin® (warfarin), Xarelto® (rivaroxaban), Eliquis® (apixaban), Pradaxa® (dabigatran), or any other blood thinning medication

If you take aspirin, keep taking it unless told not to.

For Diabetes and Weight Loss Medications:

- **Insulin and other diabetic medications:** Check with your doctor about your dose of insulin and diabetic medications needed the day before and the day of your procedure.
- **GLP1 Agonist Medications:** semaglutide (Ozempic®, Rybelsus®, Wegovy®), tirzepatide (Mounjaro®, Zepbound®), liraglutide, (Victoza®, Saxenda®), dulaglutide (Trulicity®), exenatide (Byetta®), lixisenatide, (Adlyxin®)
 - For weekly injections: **Stop taking 7 days before procedure**
 - For daily oral tablets: **Stop taking 24 hours before procedure**
- **SGLT2 Inhibitors Medications:** canagliflozin (Invokana®), dapagliflozin (Farxiga®), empagliflozin (Jardiance®): **Stop taking 3 days before procedure**

You Must Do a Bowel Prep Before This Exam

Fill your bowel prep prescription 1 week before your procedure and read over page 2.

You must have an adult (18 or older) to drive you home. You can take a cab, medical transport, or bus only if an adult is riding with you after your visit.

Make Sure To Bring: your insurance card and a list of all vitamins, supplements, and prescription and over the counter medications you take.



Plenvu® Bowel Prep

Follow these instructions carefully to remove all solid matter from your colon. **If your colon is not clean your exam will be cancelled. Call your care team with questions.**

3 Days Before Your Exam

- **Do not** eat any raw fruits, raw vegetables, seeds or nuts until after the exam. No dairy.
- Stop iron and fiber supplements.
- Plan for your ride home.

The Day Before Your Exam

Do not eat any solid food. Begin clear liquid diet in the morning.

- **Examples of clear liquids are:** Clear broth (chicken or beef), water, apple juice, Gatorade®, Sprite®, ginger ale, coffee or tea (no milk or creamer), Jello®, Italian ice, and popsicles. You can have hard candy.
- Drink **at least 8 glasses of water** or clear liquid to stay hydrated.
- **Do not** have any red or purple liquids

6pm The Day Before Your Exam: Start drinking the bowel prep.

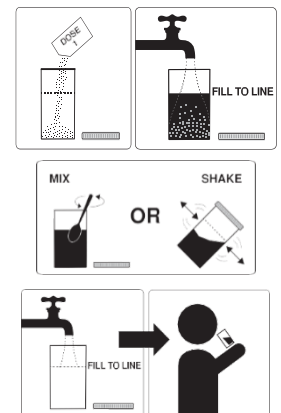
Step 1-A: Empty Dose 1 into the mixing container that comes with your PLENVU®.

Step 1-B: Add at least 16 ounces of water to the fill line.

Step 1-C: Mix the water and PLENVU® together until it is completely dissolved by shaking or using a spoon. This may take 2 to 3 minutes.

Step 2: Drink all the mix (Dose 1) slowly over the next 30 minutes. If you have bad stomach pain, stop taking PLENVU® for a short time. Try again and take smaller sips so your dose is spaced out longer than 30 minutes. If you still have pain, call your doctor.

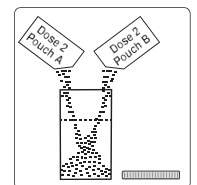
Step 3: Rinse the mixing container with water. Refill to the fill line at least 16 ounces of clear liquids. Drink over the next 30 minutes. Continue to drink clear liquids until the next dose.



5 Hours Before Your Exam

Step 4: Rinse the mixing container with water. Follow **Steps 1, 2, and 3** using both Dose 2 packets (Pouch A and Pouch B). **Do not skip this step.** It is important to get the cleanest colon for a successful exam. Your stool should be a clear yellow liquid.

- You may have to wake up very early if your exam is in the morning.
- Keep a clear liquid diet until 3 hours before your appointment time.
- Take the medications approved by your doctor.
- It is okay to take aspirin, blood pressure medication, prednisone, or other steroids.



3 Hours Before Your Exam

Do not eat or drink anything or your exam will be cancelled.

Arrive to your exam 1 hour before the appointment time _____.

To make, change, or cancel an appointment, call (773) 702-6767.