



Preparation for Your Upcoming Colonoscopy

YOU WILL NEED:

- Plenvu® prescription filled by your pharmacy

If you didn't collect your prep prescription shortly after we sent it to your pharmacy, kindly contact your pharmacy to have it prepared again.

Appointment Info

DATE _____

ARRIVAL TIME _____

- Endoscopy Center of Marin**
1100 S. Eliseo Dr. Suite 3, Greenbrae
Expect to be at the center 2 hours
- MarinHealth Medical Center**
250 Bon Air Road, Greenbrae
Expect to be at the hospital 2 hours
- Novato Community Hospital**
180 Rowland Way, Novato
Expect to be at the hospital 3 hours

Diabetes Instructions (if applicable)

Oral Medication Instructions

Insulin Schedule

Blood Thinner Instructions (if applicable)

- Continue blood thinner as prescribed
- HOLD for _____ days

Weight Loss Prescriptions (if applicable)

- Weekly Dosing(Ozempic, Rybelsus, Wegovy, Trulicity, Mounjaro) Your last dose must be done 7 days before your procedure.
- Daily Dosing(Saxenda, Byetta) Do not take on the day of the procedure.
- Other instruction:

MarinHealth Gastroenterology | A UCSF Health Clinic

200 Tamal Plaza | Suite 200 | Corte Madera, CA 94925
7120 Redwood Blvd. Novato, CA 94945
415-925-6900 | MyMarinHealth.org/gastroclinic





7 Days Before Your Colonoscopy

- Confirm ride for the day of your procedure
- If you take blood thinners or weight loss medication, please **review instructions** for holding prescription.

Last chance to cancel/reschedule your procedure appointment. Please be aware that the Endoscopy Center of Marin may impose a late cancellation charge of up to \$200.



5 Days Before Your Colonoscopy

- Review **thorough prep instructions** and plan your meals
- Create a list of your medications and supplements to provide the facility. Include prescription name, dose, and directions
- Create a list of your allergies to provide the facility



3 Days Before Your Colonoscopy

- STOP eating foods with nuts, seeds, or whole grains. (fruits and vegetables with seeds, sesame, etc.)
- Avoid corn, beans, quinoa, and popcorn
- For more diet recommendations, **please visit:** MyMarinHealth.org/prep



2 Days Before Your Colonoscopy

- Increase your fluid intake, drink a minimum of 64 oz of clear liquids (approximately 8 glasses) (water preferred)
- Eat well-balanced meals, but continue avoiding nuts, seeds, and whole grains



1 Day Before Your Colonoscopy

“PREP DAY”

- Have a low-residue breakfast BEFORE 10 am (white toast, eggs, yogurt, cream of wheat, smoothies without seeds)
- At 10 am begin a “Clear Liquid Diet.” Clear liquids include water, juice without pulp, soda, black coffee/tea (no milk), electrolyte drinks, Ensure CLEAR, Boost Breeze®, Jell-O, broth, popsicles
- At 6 pm drink the first dose of Plenvu®. Empty Dose 1 into mixing container. Add water to fill line (16 oz line) and mix until completely dissolved. Drink the full amount within 30 minutes
- After drinking the Plenvu® mix, drink 16 oz of clear liquids within 30 minutes
- Continue drinking clear liquids until bedtime

The Day of Your Colonoscopy

- Wake up 5 – 6 hours before your arrival time to start the **second** dose. Then drink the second dose of Plenvu®
- Empty dose 2 (Pouch A and Pouch B) into mixing container. Add water to fill line (16 oz line) and mix until dissolved. Drink full amount within 30 minutes
- **Please complete the bowel prep 3 hours before your colonoscopy arrival time. Please STOP drinking all liquids 3 hours before your colonoscopy arrival time.**
- You should take your regular medications/ supplements at least three hours before your arrival time or after your colonoscopy.

BRING THE FOLLOWING:

- Photo ID
- Insurance Card
- Medication List
- Allergy List

TIPS

- To improve the taste try chilling laxative and/or using a straw to drink mixture
- If you experience nausea or vomiting, rest for 15 minutes, then try to resume prep
- Use unscented wipes instead of toilet paper.
- Use Vaseline or an ointment for diaper rash around the anus before and/or during prep to minimize irritation from passing bowel movements