



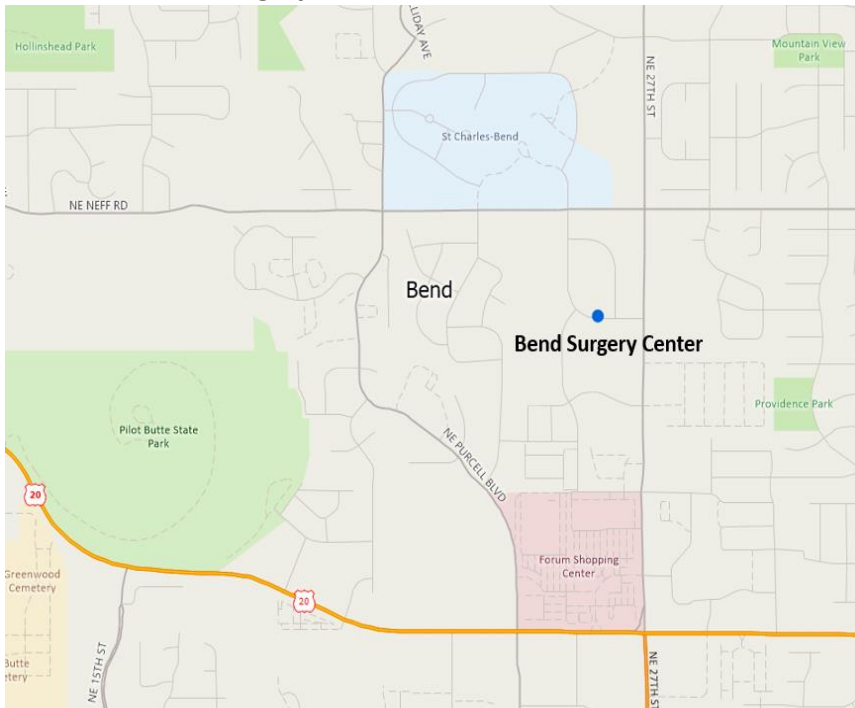
1715 SW Chandler Avenue, Suite 100, Bend, Oregon 97702 Office 541.550.7323

Richard Bochner, MD Sandra Holloway, MD Mark Spencer, PA-C PhD

## You are scheduled for a colonoscopy at Bend Surgery Center.

**Bend Surgery Center:** 1342 NE Medical Center Dr. Suite 170 Bend, Oregon 97701-3730 **PHONE:** 541-318-0858

### Directions to the Surgery Center:



#### **From the North**

- Take US-97 S
- Follow Exit 137 for Revere Avenue
- Turn left onto NW Revere Avenue
- Turn right onto NW 8<sup>th</sup> Street
- Turn left onto NE Penn Avenue and continue onto NE Neff Road
- Turn right onto NE Medical Center Drive

#### **From the South**

- Take US 97-N
- Follow Exit 137 for Revere Avenue toward Downtown
- Turn right onto NE Revere Avenue
- Turn right onto NE 8<sup>th</sup> Street
- Turn left onto NE Penn Avenue and continue onto NE Neff Road
- Turn right onto NE Medical Center Drive



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## Instructions for Your Colonoscopy

A thorough colon cleansing before the procedure is the key to identifying and removing precancerous lesions. Colon-cleansing preparations cause frequent loose stools. If you find it hard to tolerate the taste of the solutions try refrigerating the solution, sucking on ice or a lemon or lime wedge, or drinking the solution through a straw. You may experience bloating, stomach cramps, nausea, and vomiting. You may also get chills, a headache and irritation of your rectal area. There are many different colon cleansing preparations. Your provider has prescribed the best one for your needs based on medical conditions and insurance coverage. It is important for you **to follow all the instructions in this guide, not the instructions in the medication's box**. If you do not, your procedure may be delayed or scheduled for another time. If you have questions after you read this or are not sure how to prepare for your colonoscopy, please call our office directly at 541.550.7323.

### Your colonoscopy preparations will include:

1. **Plenvu** - Plenvu comes with three powder packets and a 16oz cup

### Seven Days Before Your Procedure

#### Diet Changes:

**NO** raw fruits and vegetables – Berries, Kiwi, raisins and dried fruits, corn, tomatoes, broccoli, peas, brussel sprouts, celery, etc.

**NO** raw leafy greens – Romaine, spinach, kale, chard, bok choy, cabbage, avoid raw salads during this time, etc.

**NO** nuts, seeds, and legumes – Chunky peanut butter (smooth peanut butter is okay), chickpeas (smooth humus is okay), peanuts, almond, lentils, sunflower seeds, etc.

**NO** whole grains and high fiber foods– Brown and wild rice, whole grain bread, granola, quinoa, barley, all cereal, oatmeal, etc.

Please notify our office if you eat any of the foods listed above within the 7 days leading up to your procedure, you may need to reschedule.



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### Medications to Hold:

- **WEIGHT LOSS MEDICATIONS** (i.e., phentermine, Ozempic): Any weight loss medication (prescribed or over the counter) must be stopped 1 week prior to your procedure.
- **Certain Injectable Diabetic Medications** – typically held for 7 days prior to procedure. Please inform the physician prescribing the medication regarding when to stop this specific medication
  - Trulicity (dulaglutide)
  - Bydureon Bcise (exenatide)
  - Byetta (exenatide)
  - Victoza (liraglutide)
  - Saxenda (liraglutide)
  - Adlyxin (lixisenatide)
  - Mounjaro (tirzepatide)
  - Ozempic/Wegovy (semaglutide)
  - Rybelsus
  - Xultopy (Victoza/Tresiba)
  - Soliqua (Adlyxin/Lantus)
- Do not stop low dose aspirin (“baby aspirin 81mg”)
- Stop taking the following supplements 7 days prior to procedure:
  - Iron supplements, such as ferrous sulfate or polysaccharide iron complex
  - Fish Oil Supplements
  - Vitamin E
  - Vitamin D
- Certain blood thinners need to be held for 7 days – please be sure to inform the physician prescribing the medication regarding when to stop this specific medication:
  - Plavix (Clopidogrel) – typically held for 7 days
  - Brillinta (Ticagrelor) – typically held for 7 days
  - Effient (Prasurgel) – typically held for 7 days

### Two to Five Days Before Your Procedure

Most blood thinners are held 2-5 days prior to your procedure. If you take a blood thinner, please be sure to inform the physician prescribing the medication regarding when to stop this specific medication. Please review the list below regarding hold times for days 2-5 prior to your procedure.

#### Typically held for 5 days prior to procedure:

- Aspirin (Baby Aspirin \*81mg\* ok to continue)
- Coumadin (Warfarin)
- Multivitamins
- Heparin
- Motrin, Advil and Ibuprofen
- Ecotrin
- Glucosamine
- Aleve (Naproxen)
- NSAID’S (anti- inflammatory)
- Celebrex
- Acetaminophen-Tylenol *is ok within this five-day period*

#### Typically Held 3 days prior to procedure:

- Invokana (canagliflozin)
- Farxiga (dapagliflozin)
- Jardiance (empagliflozin)
- Steglatro (ertugliflozin)



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**Typically held for 2 days prior to procedure:**

- Pletal (Cilostazol)
- Rivaroxaban (Xarelto)
- Apixaban (Eliquis)
- Pradaxa (Dabigatran)

## **The Day Before Your Procedure**

**You will start your clear liquid diet in the morning, the day before your procedure.**

Example of Clear Liquid Diet:

- Clear liquids are those which you can see through. No solids, pulps, and no dairy.
  - Example: You can have water, Gatorade, juice (no pulp), popsicles, Jello, soda, broth
- **Do Not Drink anything with red, orange, or purple dyes as these can look like blood**
- Avoid alcohol
- You will need to include liquids with calories, sugar, and electrolytes as you are not eating, even if you are diabetic.

**At 2pm the day before the procedure**

- Pour the Dose 1 powder packet into the 16oz cup
- Add water to the fill line and thoroughly mix until the contents are completely dissolved
- Drink the entire 16oz in 30 minutes
- Follow the solution with 16oz water
- Complete both the 16oz solution and 16oz water within 1 hour
- Continue the clear liquid diet

## **The Day of Your Procedure**

**On the day of your procedure:**

**5 hours prior to your arrival time:**

- Pour Dose 2 (Pouch A and Pouch B) powder packets into the 16oz cup. Add water to the fill line and thoroughly mix until the contents are completely dissolved. Drink the entire 16oz in 30 minutes. Follow the solution with 16oz water. Finish both the 16oz solution and 16oz water within an hour. This is also the time to take any morning medications (as long as they are not listed on what not to take) your physician has directed you to take the morning of the procedure.
- Certain oral diabetic medications should be held the morning of procedure (metformin, glyburide, glipizide, glimepiride, chlorpropamide, Prandin, Starlix, Nesina, Tradjenta, Onglyza, Januvia, pioglitazone, rosiglitazone, acarbose, miglitol)
- **Do not eat or drink anything after this time – no candy, gum, mints, water, ice, etc.**
- Do not smoke cigarettes or use any tobacco products



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*Important reminders*

- You must have a responsible adult over 18 years to drive you home after your procedure, as you will not be able to drive for 24 hours after your procedure.
- It is important to NOT USE alcohol, marijuana, medical marijuana, narcotics the day before and the day of the procedure
- It is important to NOT USE Methadone the day of the procedure unless you have received specific approval from your physician

*\*\*\* If you do not avoid these items, then your procedure will be cancelled. \*\*\**