



<u>Cobb Hospital</u> 3950 Austell Rd Austell GA 30106 470-267-1760 (Near the Barrett Ctr)	<u>North Fulton Hospital</u> 3000 Hospital Blvd Roswell GA 30076 470-267-1520	<u>Spalding Hospital</u> 601 South 8 th St Griffin GA 30224 470-267-1680
<u>Vinings Health Park</u> 4441 Atlanta Rd SE Ste 302 Smyrna GA 30080 470-267-1760	<u>East Cobb Health Park</u> 3747 Roswell Rd Ste 302 Marietta GA 30062 470-267-1520	<u>Acworth Health Park</u> 4550 Cobb Pkwy N Ste 150 Acworth GA 30101 470-267-1760

What is a Colonoscopy? Colonoscopy is a procedure used to detect changes or abnormalities in the colon (large intestine) and the rectum. It is the most accurate procedure to detect colon polyps and colon cancer in healthy patients. During the procedure, a gastroenterologist will insert a small flexible scope (colonoscope) into the anus and advance it through the colon. During this procedure, your physician will visualize the colon, remove polyps, and take a biopsy of abnormalities as needed.

How will I prepare for a Colonoscopy? To ensure your physician can visualize the colon and rectum, each patient will drink a bowel cleansing preparation the day before your procedure. You will also need to find a driver that is 18 years of age or older, to drive you to your procedure, and stay with you for 24 hours after your procedure.

***If you do not have a driver, you will not be able to have a colonoscopy.**

Is the procedure safe? Serious complications are rare, but all procedures have potential risks. Risks include (but are not limited to):

- Perforation - tear in the lining of the colon
- Bleeding - from a biopsy or polyp removal site
- Reaction to the sedation medication
- Infection
- Missed lesions

What Can I Expect During the Procedure? When you arrive at the procedure center, a staff member will go over your medical history, discuss the procedure in detail, answer your questions, and start an IV. You will then be taken back to the procedure room. An anesthesia provider will administer medications and monitor your vital signs throughout the entire procedure. Your anesthesia provider will determine the amount and types of medications needed to keep you comfortable. While most patients will sleep through the procedure, some do stay awake and aware. If your gastroenterologist finds any abnormalities or polyps, they



will be removed or biopsied as needed. Any tissue removed during the procedure will be sent to the lab for further evaluation. A typical colonoscopy lasts between 20-40 minutes.

What Can I Expect After the Procedure?

- After the procedure, you will be taken to a recovery room for approximately 30 minutes. While in recovery, you may feel some cramping and bloating.
 - Passing gas will relieve this pressure.
- Your provider will come in to talk with you about the initial results of the procedure.
- Your driver will then be able to take you home.
- You can return to normal activities as able, except NO DRIVING for 24 hours.
- The medications used for colonoscopy can also make you drowsy, so refrain from making important decisions the day of your procedure.

If you experience any symptoms that warrant concern such as: bleeding (greater than one tablespoon), fever, or severe abdominal pain that will not go away, notify your physician immediately at **the phone number at the top of this document.**



5 days prior to your Colonoscopy:

- Pick up Plenvu prescription from the pharmacy
- Stop taking iron supplements, multivitamins, and aspirin products.
- Verify that you have received instructions from the clinic on when to stop taking your blood thinning medications. If you have not received instructions on the use of these medications or if you have any questions, please call our office at **the phone number at the top of this document**.
- If you are diabetic, contact your monitoring provider for direction on insulin and pill management.
- Make arrangements for an adult driver (at least 18 years of age) to stay at the facility during your procedure, assist you with dressing, receive discharge instructions, drive you home, and stay with you for 24 hours after the procedure. If you **do not** have a driver or the driver is not in the waiting room during your procedure, we will **not be able** do the procedure.
- Start a low fiber diet
 - Examples include (but are not limited to): tender meat, fish and poultry, ham, bacon, lunch meat, eggs, tofu, white bread, white rice, pasta, crackers, eggs, creamy peanut butter, cooked/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing and other condiments.
 - Please avoid seeds, nuts, dried fruit, coconut, whole grains, popcorn, bran, corn, quinoa, raw fruits and vegetables, chunky peanut butter, berries, beans and lentils.

Day before your procedure (If your procedure is scheduled at, or prior to **10:00 AM**):

- No solid foods
- You may only have clear liquids:

<i>Coffee (no Cream or milk)</i>	<i>Tea</i>	<i>Lemonade (from a mix)</i>
<i>Strained Fruit Juices</i>	<i>Kool-Aid</i>	<i>Jell-O</i>
<i>Clear Broth</i>	<i>Soda</i>	<i>Popsicles</i>
<i>Sports drinks</i>	<i>Clear hard candy</i>	

****Avoid all liquids that are red, orange, or purple and avoid ALL alcohol.***

- Drink at least 6-8 glasses of clear liquids today to decrease stomach cramping.
- 7:00AM
 - Mix dose one of Plenvu (mango flavor) with at least 16 oz of water in the provided container. Either shake or mix solution with a spoon until it is fully dissolved, which could take 2-3 minutes.
 - Please Note: Plenvu can be refrigerated but must be consumed within 24 hours of mixing.
 - Drink the 16 oz of mixed Plenvu slowly within 30 minutes.



- Refill the container with 16 oz of clear liquid and drink within 30 minutes.
- Continue to drink ONLY clear liquids throughout the day and evening.

- 8:00 PM
 - Mix dose 2 of Plenvu (both pouch A & B) with at least 16 oz of water in the provided container. Either shake or mix solution with a spoon until it is fully dissolved, which could take 2-3 minutes.
 - Drink the 16 oz of solution slowly within 30 minutes.
 - Refill container with at least 16 oz of clear liquid and drink over the next 30 minutes.
 - Continue to drink ONLY clear liquids until midnight. Nothing to eat or drink after midnight except a few sips of water with any oral medications at least 3 hours prior to your procedure.
- Drinking this mixture will cause diarrhea so stay near the restroom.
- If you have any questions or concerns, please call our on-call physician at **the phone number at the top of this document.**

Day of your procedure (If your procedure is scheduled at, or prior to 10:00 AM):

- Nothing to eat or drink after midnight except a few sips of water with any oral medications at least 3 hours prior to your procedure.
- Your stools should be clear/yellow liquid that you can see through. It should contain no solid pieces. If it is not clear/yellow please call the office at **the phone number at the top of this document.**
- If you are diabetic on insulin, take it as instructed by your prescribing provider.
- If you use an inhaler, bring it with you to your procedure.
- If you wear contacts, please be prepared to remove them, or wear glasses.
- Please do not wear any jewelry, including body piercings.
- Please avoid wearing lotion the day of your procedure.

If you have any questions/concerns, please call our office at **the phone number at the top of this document.**

Day before your procedure (If your procedure is scheduled after 10:00AM):

- No solid foods
- You may only have clear liquids:

<i>Coffee (no cream or milk)</i>	<i>Tea</i>	<i>Lemonade (from a mix)</i>
<i>Strained Fruit Juices</i>	<i>Kool-Aid</i>	<i>Jell-O</i>
<i>Clear Broth</i>	<i>Soda</i>	<i>Popsicles</i>
<i>Sports drinks</i>	<i>Clear hard candy</i>	

***Avoid all liquids that are red, orange, or purple and avoid ALL alcohol.**

- Drink at least 6-8 glasses of clear liquids today to decrease stomach cramping.



- 4:00 PM: Mix dose one of Plenvu (mango flavor) with at least 16 oz of water in the provided container. Either shake or mix solution with a spoon until it is fully dissolved, which could take 2-3 minutes.
 - Please Note: Plenvu can be refrigerated but must be consumed within 24 hours of mixing.
- Drink the 16 oz of mixed Plenvu slowly within 30 minutes.
- Refill the container with 16 oz of clear liquid and drink within 30 minutes.
- Continue to drink clear liquids throughout the evening.
- Drinking this mixture will cause diarrhea so stay near the restroom.
- If you have any questions or concerns, please call our on-call physician at **the phone number at the top of this document.**

Day of the procedure (If your procedure is scheduled after **10:00AM**):

- 4:00 AM: Mix dose 2 of Plenvu (both pouch A & B) with at least 16 oz of water in the provided container. Either shake or mix solution with a spoon until it is fully dissolved, which could take 2-3 minutes.
- Drink the 16 oz of solution slowly within 30 minutes.
- Refill container with at least 16 oz of clear liquid and drink over the next 30 minutes.
- Continue to drink clear liquids until 4 hours prior to your procedure.
- Your stools should be clear/yellow liquid that you can see through. It should contain no solid pieces. If it is not clear/yellow, please call the office at **the phone number at the top of this document.**
- You may take your medications with a few sips of water up until 3 hours before your procedure.
- If you are diabetic on insulin, take it as instructed by your prescribing provider.
- If you use an inhaler, bring it with you to your procedure.
- If you wear contacts, please be prepared to remove them, or wear glasses.
- Please do not wear any jewelry, including body piercings.
- Please avoid wearing lotion the day of your procedure.

If you have any questions/concerns, please call our office at **the phone number at the top of this document.**