



Allegheny Regional Endoscopy
810 Valley View Blvd.
Altoona, PA 16602
Front desk: 814-946-5469 Fax: 814-946-4970

Your colonoscopy is scheduled on:

Plenvu 2-Day Prep Instructions

2 days prior to procedure:

- Begin the low-residue diet (see attached page) first thing in the morning.
- At 5:00pm, mix a 7-day supply of Miralax with 32 ounces of Gatorade. **NO RED OR PURPLE. If you are diabetic, please use Gatorade Zero.** Drink the entire 32 ounces at your own pace, throughout the evening.

1 day prior to procedure:

- **Consume clear liquids only (see list below) the day before your procedure**
- At 3:00pm the day before your procedure, take 2 Dulcolax tablets (5mg each)
- At 5:00pm the day before your procedure, pour dose pouch #1 of prep into the mixing container. **Using water**, continue to fill the container to the “fill line” (16 ounces). Drink the entire 16 ounces of prep within 30 minutes. Once this is complete, drink 1 additional 16-ounce bottle of water over the next 1 hour.
- Once Stage 1 is complete, continue to consume clear liquids until it is time for stage 2 of the prep.

Stage 2

- **3 hours before your scheduled arrival time**, pour dose pouch #2 of prep into mixing container.
- Repeat the same steps as in Stage 1 but **be sure to complete this entire stage within 1 hour.**

Notes

- It may take a couple of hours for the prep to start working.
- It is normal to feel very full or bloated during your prep. **If you experience nausea and/or vomiting, wait 30 minutes before resuming prep/liquids. If vomiting does not disappear once you begin to move your bowels, please call us immediately for further instructions.**

ACCEPTABLE CLEAR LIQUIDS

Water Gatorade Jell-O Kool-Aid Broth Popsicles
Lemonade Fruit juices (**NO orange juice**) Soda (all)
Black coffee (no added cream, honey or sugar) Iced tea Hot tea (no added sugar, honey)

Do not consume any liquids which are red or purple in color as they may mimic bleeding in the colon

Colonoscopy and Anesthesia

It is especially important that you read this information in its entirety and call to speak with us if you are unsure of any instructions

Failure to comply with the below guidelines could result in the delay and/or cancelation of your procedure without question

- Avoid iron supplements for **5 days** prior to your procedure.
- Avoid eating whole-grain bread & cereals with nuts/seeds as well as corn for **5 days** prior to your procedure.
- No alcoholic beverages are permitted during colon prep or after midnight on the night before procedures.
- **CHEWING TOBACCO PRODUCTS, NICOTINE POUCHES, SMOKING, VAPING AND INHALATION OF MARIJUANA** (medical and recreational) **ARE PROHIBITED** after midnight, on the night before your procedures. You should also avoid hard candy and chewing gum after midnight.
- Please refer to the personalized medication instructions given to you at your office visit. **It is especially important to take medications for blood pressure and heart function on the day of your procedure.**
- You **MUST** have a driver to sign you out of recovery after anesthesia. You **CANNOT** use UBER, LYFT, Healthride or MediVan unless a responsible party is riding as a passenger with you.
- You may have CLEAR LIQUIDS **up to 2 hours before your designated arrival time** at our facility.
- **All stimulators** (bladder, spinal etc.) should be turned “off” or placed in “surgery mode”.
- If you experience any of the following between now and the day of your procedure, **please notify us immediately:**
 1. A change in health status
 2. an ER visit/hospital admission
 3. testing or office visit for your heart, lungs, brain

Please call 814-946-5469 Option 7 to report these changes, or if you have any additional questions pertaining to your procedure.

HOLD MEDICATION DAY OF PROCEDURE:

Carafate (Sucralfate)

HOLD MEDICATIONS FOR 1 DAY PRIOR TO PROCEDURE:

Byetta (Exenatide)
Soliqua (Lixisenatide + Insulin)
Victoza/Saxenda (Liraglutide)

HOLD MEDICATIONS FOR 3 DAYS PRIOR TO PROCEDURE:

Brenzavvy (Bexagliflozin)
Farxiga (Dapagliflozin)
Glyxambi (Empagliflozin/Linagliptin)
Inpefa (Sotagliflozin)
Invokana (Canagliflozin)
Invokamet (Canagliflozin/Metformin)
Invokamet XR (Canagliflozin/Metformin XR)
Jardiance (Empagliflozin)
Qtern (Dapagliflozin/Saxagliptin)
Qternmet XR (Dapagliflozin/Saxagliptin/Metformin XR)
Synjardy (Empagliflozin/Metformin)
Synjardy XR (Empagliflozin/Metformin XR)
Steglatro (Ertugliflozin)
Steglujan (Ertugliflozin/Sitagliptin)
Segluromet (Ertugliflozin/Metformin)
Trijardy XR (Empagliflozin/Linagliptin/Metformin XR)
Xigduo (Dapagliflozin/Metformin)
Xigduo XR (Dapagliflozin/Metformin XR)

HOLD MEDICATIONS FOR 7 DAYS PRIOR TO PROCEDURE:

Adipex-P/Lomaira (Phentermine)
Adlyxin (Lixisenatide)
Bydureon (Exenatide)
Mounjaro/Zepbound (Tirzepatide)
Ozempic (Semaglutide)
Qysmia (Phentermine and Topiramate)
Rybelsus
Trulicity (Dulaglutide)
Wegovy

Low Residue Diet

Foods allowed

Foods to Avoid

<p><u>Fruits</u></p> <p>oranges, grapefruit, cooked apples/peaches/pears, ripe bananas</p>	<p><u>Fruits</u></p> <p>raw fruits, dried apricots, figs, dates, raisins</p>
<p><u>Cereals & soups</u></p> <p>cooked and strained oatmeal, wheat cereals, refined rice cereals, dry cereals</p> <p>all soups</p>	<p><u>Cereals & soups</u></p> <p>-----</p>
<p><u>Breads & pasta</u></p> <p>toasted white bread (butter ok), saltines, rusk</p> <p>spaghetti noodles, macaroni noodles</p>	<p><u>Breads & pasta</u></p> <p>bran, whole wheat, rye bread, corn bread, rolls, muffins</p>
<p><u>Vegetables</u></p> <p>cooked and strained asparagus, beets, peas, carrots, fresh lima beans, spinach, squash, white potatoes (mashed, creamed or baked – no skins)</p>	<p><u>Vegetables</u></p> <p>radishes, corn, cucumbers, cabbage, tomatoes, onions, garlic, celery, green beans, brussels sprouts, peppers, cauliflower, dried peas, beans, olives, pickles</p>
<p><u>Meats, poultry, fish, eggs & cheese</u></p> <p>beef (broiled or baked), chicken, turkey, ham (boiled or broiled), bacon, lamb chops, eggs (soft boiled or poached), cottage cheese, cream cheese</p>	<p><u>Meats, poultry, fish, eggs & cheese</u></p> <p>all fried, canned, salted and spices meats/fish, veal, mutton, nuts</p> <p>condiments, gravy, sauces</p>
<p><u>Desserts</u></p> <p>custard, pudding, ice cream, Jello, cake (no icing), honey, syrup, clear jelly</p>	<p><u>Desserts</u></p> <p>rich pastries/desserts, candy, popcorn, marmalade</p>
<p><u>Beverages</u></p> <p>milk, buttermilk, eggnog, malted milk, cocoa, tea, coffee, carbonated drinks</p>	<p><u>Beverages</u></p> <p>alcoholic beverages</p>