



# Gandhi GI Group

## Colonoscopy “Two Day” **Plenvu** Instructions

**The ONLY group in town specializing in  
Advanced High Technology COLONOSCOPY**

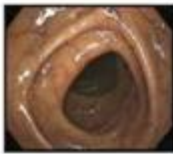
Detects 76 % more precancerous polyps than standard colonoscopy

**WHY SETTLE FOR A STANDARD COLONOSCOPY  
when you can get the most advanced colonoscope at a lower price?**

- Procedures scheduled same week, no waiting time
- No more gallon prep – we have small volume prep
- No pain during procedure with Propofol/Fentanyl sedation

- Very low complication rate
- Excellent patient experience

Standard Colonoscope limited  
170 degree field of view



**Fuse™ Colonoscope**  
Panoramic 330° field of view



- ☑ **Most experienced in CRH O'Regan Hemorrhoid Banding**
- ☑ **FIBROSCAN** - the most advanced noninvasive technology for liver assessment, eliminates need for liver biopsy
- ☑ **Anorectal Motility** – test performed for evaluation of chronic constipation and fecal incontinence
- ☑ **SMART PILL** - measures motility transit time, useful in diagnosing gastroparesis and chronic idiopathic constipation
- ☑ **Breath testing** – only one in Dayton to offer this service for patients with bloating /diarrhea



Ramesh K. Gandhi, M.D.

Roopa Gandhi, M.D.

Michael Elmore, M.D.

The physician's picture circled above will be performing your procedure.



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Date of Procedure: \_\_\_\_\_ Time of Arrival: \_\_\_\_\_

### LOCATION:

- Colonoscopy and Endoscopy Center** : 7211 North Main Street, Suite 3, Dayton, OH 45415
- Colonoscopy and Endoscopy Center** : 999 Brubaker Drive, Kettering, OH 45429 (opening Fall 2020)
- Sycamore Hospital:** 4000 Miamisburg Centerville Rd, Miamisburg, OH 45342
- Soin Hospital:** 3535 Pentagon Blvd, Beavercreek, OH 45431
- Southview Hospital:** 1997 Miamisburg Centerville Rd, Dayton, OH 45459
- Miami Valley North Surgery Center**– 9000 N Main St, Dayton, OH 45415

\*For all hospital facilities check in at the main desk or Patient Registration with the exception of Southview Hospital, there is a special entrance for Endoscopy, look for signs.

**\*If you take insulin or an inhaler be sure to bring with you to your procedure\***

### **PURCHASE PREP QUICKLY AND READ THESE INSTRUCTIONS IMMEDIATELY AFTER SCHEDULING**

- **Purchase the required prep as soon as possible. Do not wait until the day before or day of your colonoscopy, your pharmacy may not stock it!**
- **Immediately after receiving these prep instructions, read them line-by-line to fully understand your preparation for the test.**

### **CLEAN COLON=OPTIMAL EXAM**

A clean colon happens to be the most important part of a successful exam! If the prep isn't done right, and your colon isn't completely clean, the danger is that we won't see important, potentially cancer-causing, polyps. **In addition, the colonoscopy may take longer (increasing the risk of complications); or the entire process may need to be repeated or rescheduled.** If your colon is clean then your doctor can spend more time carefully examining your colon instead of trying to wash away any waste that's left. And, that means you won't have to come in for a repeat exam. “During a colonoscopy, we're not looking for just cancer but also subtle lesions that can turn into cancer, so, we don't want to miss anything!”

**HYDRATION:** To hydrate your body prior to drinking the prep solution when you will lose fluids, you will want to drink one 8 oz glass of water or clear liquid every hour the day before your colonoscopy to keep you hydrated.

**CANCELLATION/NO-SHOW FEE:** We ask that you contact us 3 DAYS PRIOR to your scheduled procedure if you need to reschedule/cancel. This will allow other patients waiting to use your time slot and prepare for their test. A \$100.00 fee will be charged to you if you cancel within the 3-day time frame.



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## Colonoscopy “Two Day” Plenvu Instructions

### **LICENSED DRIVER:**

**Please arrange to have a responsible/licensed driver to drive you home from your colonoscopy.**

- For your safety, due to the anesthesia that you are given it is very important that you have someone drive you home from your procedure. When checking in for your colonoscopy if you do not have a licensed driver present, your colonoscopy will be cancelled.
- By law, you cannot drive the rest of the day of your colonoscopy. We advise you to take the entire day off work.
- In addition, the surgery center require that you have a responsible party present during your entire procedure. Please help us in ensuring your safety and plan ahead for your support party.

### **MEDICAL CONDITIONS:**

**Let us know if you have any of the following conditions, as you may need special instructions prior to starting the colon preparation:**

- If you are taking aspirin not prescribed by a physician for a medical condition please stop it 7 days prior to your colonoscopy.
- If you are taking anticoagulants/blood thinners, it is required to get approval from your cardiologist or prescribing physician to be sure they can be safely held for a specified amount of time prior to your colonoscopy.
  - These medications include Coumadin (warfarin), Plavix, Xarelto, Effient, Pradaxa, Savaysa, Arixtra, Lovenox
- If you have medical conditions that need a clearance from your cardiologist prior to scheduling your colonoscopy
- Diabetic or pregnant- be sure to ask for instructions to take your insulin during the prep
- Taking any narcotic medications – these medications can cause constipation and will require additional prep
- Taking any psychiatric medications or Bentyl - these medications can cause constipation and will require additional prep
- Constipation (you will be given additional prep instructions)
- Had a heart attack or stroke in the last six months or have a heart defibrillator
- Have seizures or take seizure medications
- Are withdrawing from drinking alcohol
- A condition called glucose-6-phosphate dehydrogenase (G6PD) deficiency that destroys red blood cells
- Have phenylketonuria (PKU). PLENVU contains phenylalanine.
- Are allergic to any of the ingredients in PLENVU – ingredients on box



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**Follow these Step-by-Step Instructions to prepare for your Colonoscopy**

**PURCHASE SUPPLIES NEEDED FROM YOUR PHARMACY**

- **PLENVU Solution** - can be refrigerated but should be used within 6 hours each dose
- **Magnesium Citrate** – **2 bottles** (over the counter)

Lemon Lime (**do not take if you have kidney disease**)

(1 bottle is consumed prior to the Plenvu prep and 1 bottle consumed after prep if stools are not clear.)



1. **7 days before your procedure:**

- **Stop taking any iron supplements.**
- **Stop taking aspirin only if not prescribed by your doctor** for a medical condition. If prescribed by your doctor continue to take it and make the staff aware.
- **Arrange for your ride to and from your colonoscopy**
- Consider obtaining a protective ointment such as Vaseline or Aquaphor to protect the anal area during the prep. You can start to apply it after taking the first dose of your prep. To clean the rectal area, avoid rubbing, pat instead.

2. **5 days prior to your procedure:**

- Review and plan for low residue diet to be started 2 days prior to procedure
- Confirm your ride
- Last chance to cancel or reschedule or you will be charged the fee of \$100

3. **3 days prior to your procedure:** go to the grocery to obtain items on low residue, full and clear liquid diet.

4. **2 days prior to your procedure:** START AND FOLLOW THE LOW RESIDUE DIET



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### **FOODS ALLOWED on Low Residue Diet \*\* Be sure to include in your diet\*\***

- WHITE bread, rolls, bagels and English muffins (no wheat or whole grain)
- WHITE rice, regular pasta, noodles & macaroni (no wheat or whole grain)
- White soda crackers, tea biscuits and plain white melba toast
- Cereals such as Cream of Wheat, Rice Krispies and Special K (**no grain cereals**)
- Pancakes & waffles made from white flour
- Tender meat, poultry & fish (not tough or chewy)
- Eggs & tofu
- Creamy peanut butter – up to 2 tablespoons daily
- Milk and foods made from milk
  - Examples: yogurt, pudding, ice cream, cheeses & sour cream. Limit: 2 cups daily (including any used in cooking)
- Butter, margarine, oils & salad dressings without seeds
- Desserts, no whole grains, seeds, nuts, raisins or coconut

- See list on next page with foods allowed and foods that you do not want to eat

### **FOODS NOT ALLOWED - DO NOT EAT ANY OF THE FOLLOWING FOODS 2 DAYS PRIOR TO YOUR PROCEDURE**

**If you consume any of the following foods, your prep will not be sufficient, your doctor will not be able to perform a good exam and colon cancer can be missed!**

- **Whole-wheat or whole-grain breads, cereals, & pastas**
- **Brown or wild rice; other whole grains such as oats, kasha, barley & quinoa**
- **Dried beans, peas, & lentils**
- **ALL FRUITS AND VEGETABLES - RAW, COOKED OR DRIED**
  - Do not eat any of the following: spinach, kale, lettuce, green beans, brussel sprouts, broccoli, collard greens, peas, cauliflower, corn, apples, grapes, bananas, strawberries, raspberries, cherries, blueberries, watermelon, cantelope, mangos etc. This is **ONLY** a partial list of examples
- **prune juice, seeds & nuts, & foods containing them, popcorn, coconut**
- **ALCOHOLIC BEVERAGES** –can cause dehydration and some wines thin your blood. Therefore we strongly suggest you do not drink alcoholic beverages prior to your procedure.



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## Colonoscopy “Two Day” Plenvu Instructions

### 5. **ONE DAY BEFORE THE PROCEDURE:**

- Continue on **LOW RESIDUE DIET** for breakfast only
- **LUNCH SHOULD CONSIST OF CLEAR LIQUIDS – SEE LIST BELOW**
- **At 1:00 pm drink entire bottle of magnesium citrate** (can drink over 15-30 minutes or take as long as needed to drink it, not to make sick. This is well tolerated)
- **From 1:00 pm – 4:00 pm consume a CLEAR LIQUID DIET** (do not eat any solid foods)
- **Clear Liquid Diet includes the following:**  
Water, Gatorade, chicken broth (no noodles or rice), jello (no fruit), popsicles (no purple, green or red) prefer yellow or orange, 7UP or Sprite (no Coke or dark colored colas), hot or cold tea, no coffee, no milk products
- **From 4:00 – 6:00 pm do not eat or drink anything to allow your stomach to empty**
- **Diabetics:**
  - If you take oral medications for diabetes, **DO NOT** take the evening dose.
  - If you take insulin, follow previous instructions given and bring with you to your procedure
  - Monitor your blood sugar at your usual times

Dosing Schedule PLENVU			
Colonoscopy Time	Dose 1 (Evening Before Colonoscopy)	Dose 2 (Morning of Colonoscopy)	Nothing by Mouth After:
8:00 am	6:00 pm	4:00 am	5:30 am
8:30 am	6:00 pm	4:30 am	6:00 am
9:00 am	6:00 pm	5:00 am	6:30 am
9:30 am	6:00 pm	5:30 am	7:00 am
10:00 am	6:00 pm	6:00 am	7:30 am
10:30 am	6:00 pm	6:30 am	8:00 am
11:00 am	6:00 pm	7:00 am	8:30 am
11:30 am	6:00 pm	7:30 am	9:00 am
12:00 pm	6:00 pm	8:00 am	9:30 am
12:30 pm	6:00 pm	8:30 am	10:00 am
1:00 pm	6:00 pm	9:00 AM	10:30 am
1:30 pm	6:00 pm	9:30 am	11:00 am
2:00 pm	6:00 pm	10:00 am	11:30 am
2:30 pm	6:00 pm	10:30 am	12:00 pm
3:00 pm	6:00 pm	11:00 am	12:30 pm
3:30 pm	6:00 pm	11:30 am	1:00 pm
4:00 pm	6:00 pm	12:00 pm	1:30 pm
4:30 pm	6:00 pm	12:30 pm	2:00 pm





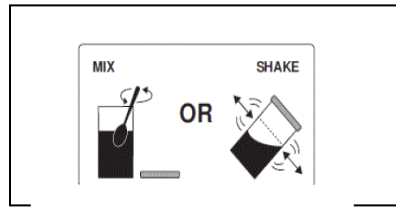
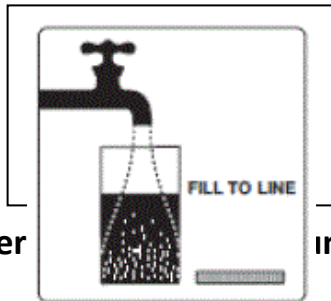
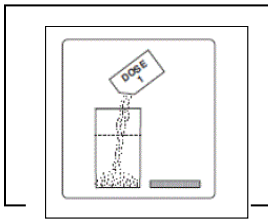
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## Colonoscopy “Two Day” PLENVU Instructions

### **DAY BEFORE PROCEDURE AT 6:00 PM TAKE FIRST DOSE OF PLENVU – Mango Flavor**

- Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it is completely dissolved. This may take up to 2-3 minutes.

Take your time – slowly drink the prep over 1 hour or longer if needed. Drinking too quickly may cause nausea/vomiting.



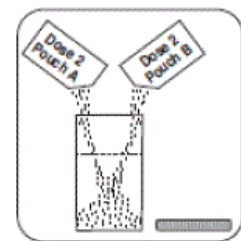
- Refill the container with at least 16 ounces of clear liquid. Again, take your time to slowly finish
- Wait ½ hour after you finish drinking the prep, then drink at least 4 glasses of clear liquid to remain well hydrated until the second part of the prep.
- Continue to drink as much clear liquid as you can in order to remain hydrated until you go to bed.

### **DAY OF PROCEDURE TAKE 2<sup>ND</sup> DOSE OF PLENVU – Fruit Punch Flavor**

- You can have clear liquids in the morning when you wake up until 2 hours prior to starting the 2<sup>nd</sup> dose of the prep.

#### **5 hours prior to your arrival time start the 2<sup>nd</sup> dose**

- Use the mixing container to mix the contents of Dose 2 (pouch A&B) with at least 16 ounces of water by shaking or using a spoon until it is completely dissolved. This may take 2-3 minutes. Take your time, drink slowly and finish the entire dose. If drinking too quickly may cause nausea/vomiting.



Refill container with at least 16 ounces of clear liquid. Take your time and slowly finish drinking all of this liquid over 1 hour or longer if needed. Drinking too quickly may cause nausea/vomiting.



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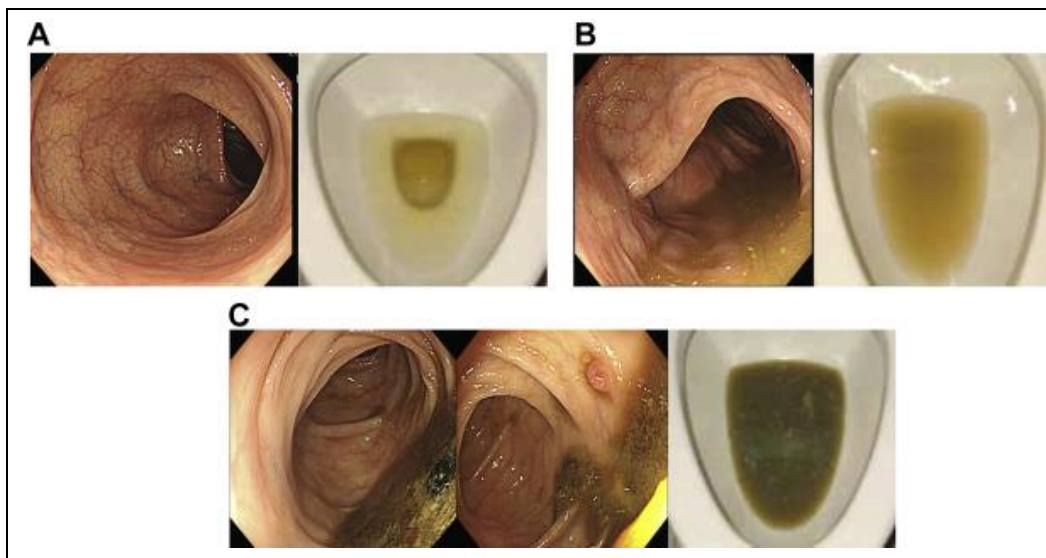
## Colonoscopy “Two Day” PLENVU Instructions

- ½ hour after you finish drinking the prep, drink at least 4 glasses of clear liquid to remain well hydrated.

**When to take 2<sup>nd</sup> dose of Magnesium Citrate** – after drinking Plenvu prep

- Your stools should be clear as in image (A) below after drinking the entire prep.
- If they are yellow or brown as in pictures (B and C) then you will need to drink the bottle of Magnesium Citrate

Examples of Excellent/Good/Bad Prep:



(A) shows excellent or good bowel preparation (left panel) and clear liquid stool (right panel). Excellent or good bowel preparation is essential for correct diagnosis and further endoscopic management.

(B) turbid fluid in colon is indicative of a fair colon preparation (left panel), and stool was turbid (right panel). The appearance of colonic mucosa is difficult to evaluate, and some lesions may be obscured; and

(C) shows poor colon preparation (left panel). A polyp was detected after repeated water flush (middle panel). Some formed or soft stools are noted (right panel). If you have taken the entire prep and the Magnesium Citrate and your stools are same as image C. Call the office for further instructions!

- Do not eat or drink anything 2 hours prior to your arrival time. Do not chew gum.
- Wear comfortable, loose fitting clothes to your procedure, suggest sweat shirt/suit.





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## Colonoscopy “Two Day” PLENVU Instructions

### FREQUENTLY ASKED QUESTIONS AND TIPS FOR A SUCCESSFUL COLONOSCOPY

**What to expect after drinking Plenvu and how long will it take until I see results or will the prep start to work?**

- After starting to drink the Plenvu you will start to experience loose stools and then diarrhea. It is different with each patient, sometimes the prep can start to work right away or others it may take 2-3 hours.

**Do I need to drink all of the prep even if my stools are clear?**

- **YES!!!! It is very important to drink ALL of the prep. Our goal is that your stools are clear or yellow, not brown.**
- **You may also have solid stool higher up in the colon that needs to be eliminated.**

**What if I feel nauseated or I start to vomit?**

- If you feel nauseated or vomit while drinking the prep and you have not finished the entire dose, stop **drinking any prep until the nausea/vomiting subsides for 30 minutes to 1 hour or until symptoms have resolved.** Then restart the prep.
- You can sip on the prep and take it over several hours, whatever it takes to finish all of the prep. During the first dose you have the entire evening to finish the first dose.
- If you are not able to finish drinking all of the prep call (937) 350-6700 for further instructions.

**Tips for drinking the PLENVU bowel cleanse preparation:**

- Drink it chilled
- Drink or chase with a sip of ginger ale or your favorite drink after drinking the prep
- It is better to drink it down versus sipping on it
- Hold your nose and drink it as quickly as possible
- Quickly suck on a lemon/lime slice after you finish each glass
- Drink it through a straw placed far back on your tongue

**Can I take my medications before my procedure?**

- **Please take heart, blood pressure and seizure medications up to 3 hours prior to your arrival time with a small amount of water.**
- Do not take your medications while drinking the prep or they will not get absorbed

### **Additional Questions:**

**For questions regarding this prep call (937) 350-6700 before 5:00 pm.**

After 5:00 pm your call will be transferred to Medical Society and you will be connected to a physician or support staff. Please do not call after 11:00 pm or before 6:00 am unless it is an emergency. Read the recommended tips to help you prepare for the colonoscopy.



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## Colonoscopy “Two Day” PLENVU Instructions

<b>Immediately after Receiving Information</b>	<b>Purchase Supplies Needed</b> <b>** Do not wait until the procedure date</b>	<b>1. Plenvu</b> <b>2. Magnesium Citrate</b> <b>2 bottles (lemon-lime)</b>
<b>7 days before colonoscopy</b>	Secure a licensed driver to drive you to and from your procedure.	It is also required by law due to anesthesia that they are present the duration of the procedure.
<b>7 days before colonoscopy</b>	Stop taking <b>aspirin</b> (if not prescribed by a physician) <b>and iron supplements</b>	
<b>2-5 days before colonoscopy</b>	<b>If you are taking a blood thinner stop taking it – specific directions will be given</b>	Only if approval has been granted by your cardiologist/PCP prescribing this medication.
<b>2 days before colonoscopy</b>	<b>START LOW RESIDUE DIET and continue all day</b>	DRINK PLENTY OF FLUIDS
<b>3 days before colonoscopy</b>	<b>Go to grocery to obtain items on diet</b>	Low residue, full and clear liquids
<b>One day before colonoscopy</b>		<b>Drink one 8 oz glass of liquid every hour</b>
<b>One day before colonoscopy</b>	<b>Low residue diet</b>	<b>For breakfast</b>
<b>One day before colonoscopy</b>	<b>FULL LIQUID DIET – see diet</b>	<b>For lunch</b>
<b>One day before colonoscopy</b>	2:00 pm	Drink 1 <sup>st</sup> bottle of Magnesium Citrate
<b>One day before colonoscopy</b>	2:00 – 4:00 pm	Begin clear liquid diet
<b>One day before colonoscopy</b>	4:00 – 6:00 pm	Do not eat or drink anything (can have sips of water – we are trying to empty the stomach to get ready for the prep)
<b>One day before colonoscopy</b>	6:00 pm	Drink 1 <sup>st</sup> dose of Plenvu – see detailed instructions for drinking
	½ hour after taking Plenvu	Drink 4 glasses of clear liquids
	Until bedtime	Drink as much liquid as possible to keep you hydrated
<b>Day of colonoscopy</b>	Do not have anything to eat or drink 2 hours before starting your prep	
<b>Day of colonoscopy</b>	<b>4 hours before colonoscopy arrival time</b>	<b>**Take second dose of prep same as first dose</b>
	<b>If your stools are not clear after taking the entire prep and you cannot see the bottom of the toilet</b>	<b>Then drink the 2<sup>nd</sup> bottle of Magnesium Citrate slowly (do not take if you have kidney disease) If you have kidney disease please discuss with your doctor</b>