

Perry L. Kamel, M.D.
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Fax: 312.573.9636
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PLENVU COLONOSCOPY INSTRUCTIONS
900 NORTH MICHIGAN SURGICAL CENTER

APPOINTMENT DATE: _____ **APPROXIMATE START TIME:** _____

Location and Check-In:

The 900 North Michigan Surgical Center is located at 60 East Delaware (Bloomingdale's Building), 15th floor, Chicago, IL 60611, phone number 312-440-5150. Please arrive at least **1 hour** before your scheduled procedure time to check in. If you are also scheduled to have an **EKG please arrive at least 1 hour and 15 minutes** before your scheduled procedure time to check in. Expect to stay at the 900 North Michigan Surgical Center for approximately 2-1/2 hours.

Parking:

The 900 North Michigan Surgical Center offers parking at the Self-Park Garage with **entrance located at 911 N. Rush Street**. You must bring your ticket with you when you check in to be validated by our receptionist in order to receive a discount. Enter the Delaware Place elevator bank and proceed to the Surgical Center on the 15th floor. The Delaware Place elevator can be accessed from the southeast side of the parking garage.

Colonoscopy:

Colonoscopy is an examination that enables Dr. Kamel to view the lining of the rectum and colon. A colonoscope is a thin flexible tube with a tiny video camera on the end. Complications with colonoscopy are very uncommon. One possible complication of polyp removal is severe bleeding. A tear in the lining of the colon may occur. Both of these complications require hospitalization and, possibly, surgery. Please discuss possible complications with Dr. Kamel.

Preparing for Colonoscopy:

Inform Dr. Kamel if you have an **ICD (implantable cardioverter defibrillator)** and if you are on any of the following medications: **anticoagulants (blood thinners), insulin or oral diabetes medications approximately one week prior to your scheduled procedure**. The dosage of these medications will need to be adjusted or discontinued. Your other medications can be continued. On the day of your colonoscopy, take all of your routine medications with sips of water. Tylenol or acetaminophen is perfectly safe to take prior to your colonoscopy.

Diet: Seven days prior to your colonoscopy, stop eating all seeds, nuts and corn.

Clear Liquid Diet: *The following diet should be taken for the entire day before--not just 24 hours prior to your exam--and continued up to 2 hours prior to your colonoscopy:* water, coffee/tea (added sugar, cream and/or milk is **not** allowed), soft drinks, clear fruit juices (such as white cranberry juice, white grape juice, apple and lemonade), popsicles, broth or bouillon. No red or purple (such as grape juice or cranberry juice). **Ingestion of Jell-O, sugar, milk or cream on the day of the test, may cause your procedure(s) to be delayed or cancelled.**

DO NOT EAT OR DRINK ANYTHING DURING THE 2 HOURS PRIOR TO YOUR COLONOSCOPY, INCLUDING SUCKING ON CANDY OR CHEWING GUM. PLEASE FOLLOW THE PLENVU 2-DAY SPLIT-DOSING INSTRUCTIONS AS FOLLOWS:

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PLENVU 2-DAY SPLIT-DOSING INSTRUCTIONS



Note: actual solution is clear.

For each dose:

- Mix contents of dose pouch(es) with at least 16 oz of water and drink slowly within 30 minutes
- Refill container with at least 16 oz of clear liquid and drink within 30 minutes
- PLENVU can be refrigerated, but must be taken within 6 hours after it is mixed with water
 - Patients should consume additional clear liquids of their choice throughout the prep process
 - Patients should stop drinking liquids at least 2 hours before colonoscopy

Once you are finished with the 2nd dose of the prep, NOTHING BY MOUTH during the 2 hours prior to the procedure, including sucking on candy or chewing gum.

If you cannot tolerate the Plenvu Solution, or if you are not passing clear yellow liquid after completing the Plenvu Solution, call Dr. Kamel's office at 312.573.2457, or his answering service after hours at 312.649.2952, to speak to Dr. Kamel.

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During Colonoscopy:

Dr. Kamel will explain the examination and answer any questions you may have. You will be given pain and sedative medications through an IV to keep you comfortable. The colonoscope will be inserted into your rectum and gently advanced through the colon. The colonoscopy procedure usually lasts 30 minutes and is well tolerated. Any discomfort that takes place usually comes as a bloating feeling when the physician adds air into the colon to expand the folds of the colonic tissue for easier viewing, or a cramping feeling when the colonoscope is advanced around the curves of the large intestine.

After the Colonoscopy:

You will be monitored after the procedure in the recovery area for a minimum of 1/2 hour. Dr. Kamel will discuss your test results with you. Biopsy results take several days to return, and Dr. Kamel will discuss them with you by telephone. **You absolutely cannot drive until the following day, and an adult must accompany you home. You may not walk, take a taxi, or any public transportation home unless you are accompanied by a responsible adult.**

You may do light activity for the remainder of the day. It is important for you to recognize signs and symptoms that should be reported to your physician, which are: severe abdominal pain, fever (above 100.5°), chills or severe rectal bleeding. Some scant bleeding may occur. Please be aware you will receive written discharge instructions before leaving the 900 North Michigan Surgical Center.

You can speak to Dr. Kamel if you have any questions or concerns after returning home, either at the office 312.573.2457, or after hours at 312.649.2952.

Completion of Forms:

Please complete the Health History, Patient Information and Financial Policy forms, as soon as possible. PLEASE FAX THE COMPLETED FORMS TO OUR OFFICE AT 312.573.9636 or MAIL THE FORMS to Dr. Perry Kamel's office at 737 North Michigan Avenue, Suite 620, Chicago, IL 60611-6662.