



Phone: 212-889-5544  
Fax: 212-481-1089  
www.gastro-nyc.com

## Colonoscopy Preparation Instructions: Plenvu

NAME: \_\_\_\_\_

PROCEDURE: \_\_\_\_\_ Colonoscopy \_\_\_\_\_

ENDOSCOPIST: \_\_\_\_\_

DATE OF PROCEDURE: \_\_\_\_\_

FACILITY ARRIVAL TIME: \_\_\_\_\_

\*procedure time is subject to change by the procedure center the day prior\*

The center will call you to confirm your appointment 24 hours before your procedure



**ADDRESS:**  
**Lenox Hill Greenwich Village Ambulatory Center**  
**200 W 13<sup>th</sup> St (at 7<sup>th</sup> Ave), 4<sup>th</sup> Floor**  
**New York, NY 10011**  
**(929) 292-3700**

**\*\*Pick-up escort required**

## **Bowel Preparation for Colonoscopy with Plenvu**



A colonoscopy is a routine, generally safe, pain-free procedure used to examine the colon. These are the steps that you must take before the procedure to ensure the highest level of safety and effectiveness.

1. Make arrangements to have someone drive you home after the procedure. Colonoscopy involves sedation, and you will not be allowed to leave the facility unaccompanied.
2. Follow your physician's instructions regarding medicines to avoid and diet to follow before your procedure.
3. Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids throughout the day.

**\*Please pick up the prep at your pharmacy within 10 days of receiving this paperwork\***

## COLONOSCOPY PREPARATION WITH PLENVU BOWEL KIT

Fill your prescription at the pharmacy: **Plenvu**

### THE DAY BEFORE YOUR COLONOSCOPY

On the day before your colonoscopy, start hydrating by consuming **ONLY** clear liquids and stop eating all solids foods and dairy. **DO NOT** consume alcohol, juice pulp, milk, cream, soy or non-dairy creamer, or other liquids you **CAN NOT** see through.

**\*\*Please avoid red or purple clear liquids.**

\*Examples of clear liquids include:

- |  |  |
|--|--|
| ✓ Water  | ✓ Ginger ale, Lemon-lime soda                              |
| ✓ Strained fruit juice without the pulp            | ✓ Lemonade   |
| ✓ Tea without milk or creamer                      | ✓ Sports drinks (eg. Gatorade)( <u>not red or purple</u> ) |
| ✓ Clear broth or bouillon                          | ✓ Plain Jell-O without fruit or toppings                   |
| ✓ Clear juices: such as apple or white grape juice |  |

The following is the schedule for using Plenvu

#### Step 1:

##### **At approximately 6:00 the day before your colonoscopy:**

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's completely dissolved. This may take up to two to three minutes. Take your time - slowly finish the dose within 30 minutes. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

#### **Step 2: Beginning 5 hours before your scheduled appointment:**

Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to two to three minutes. Take your time - slowly finish the dose within 30 minutes. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

- After prep is completed, please **do not** take anything by mouth until after the colonoscopy is completed

\*If you are on medications that thin your blood (other than aspirin) or if you take medications for diabetes, let your prescribing doctor know that you are having a colonoscopy and ask for instructions regarding this medication and procedure. \*

\*If you are on weight-loss medications such as Wegovy, Ozempic, Zepbound, or Mounjaro, you must stop taking it 7 days before your procedure\*

# Your Visit Made Easy With *Valet Services*



## **Location**

200 W 13<sup>th</sup> St  
New York, NY 10011

## **Hours of Operation**

5:30am – 5:00pm

## **Rates**

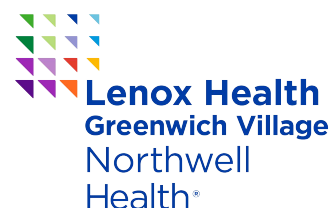
Up to 3 hours - \$25.00  
Up to 6 hours - \$30.00  
Up to 12 hours - \$35.00  
Up to 24 hours - \$45.00

## **Need Assistance?**

(973) 518 - 8090

**Pleased to provide premium valet  
service to make your visit as easy  
and convenient as possible**

# ESCORT INFORMATION



## Outside care providers to take you home after ambulatory surgery

### Medical Chaperone

Phone: 212-472-1954

We are usually able to accommodate last minute coordination of a medical escort the day of surgery as long as we are fully staffed.

**Medical Escorts:** The fee for service in Manhattan weekdays from 14th Street up to 100th Street and from the eastside across to the westside is \$46 with a 2 hour or \$92 minimum. The fee for service in Manhattan weekends, holidays, and weekdays after 8:00pm is \$56 per hour with a 2 hour or \$112 minimum.

The patient is responsible for the taxi/carfare to their destination after discharge.

<https://discreetchaperone.com/>

### Partners In Care (Also Known as VNS Health)

Phone: 1-888-735-8913

We ask that the inquiry be at least 24hr ahead of time, but we will work hard to coordinate day of medical escorts so long as we have approximately 2-3 hours of notice prior to discharge time.

### Medical Escorts: Out of Pocket Cost \$114 | 4 Hours

<https://www.vnshealth.org/home-care/>

### Allure Home Care:

Phone: 646-994-0191

Cost: \$160 dollars for up to 4 hours. Patient is responsible for their own transport. Please provide 24-hour notice as same day service is difficult to accommodate.

<https://allurehomecare.com>

### Access-A-Ride:

Phone: 877-337-2017

Access-A-Ride provides transportation for people with disabilities whose disability prevents their use of accessible mass transit, public bus, or subway service for some or all trips. Access-A-Ride is operated by private carriers under contract to the City.

Please ask for the "Call Out & Assist" Option During Booking

<https://new.mta.info/accessibility/access-a-ride>

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## Preparing for your visit: *Outpatient Endoscopy, Colonoscopy Procedure*



Photo ID



Insurance card/  
form of payment



List of current  
medications and  
dose



A responsible adult escort to take you home.  
You will need their phone number, as our staff  
call them to confirm they will be picking you up

### What To Expect:



Preparation



Arrive



Check-In & Reception



Prepare



Procedure & Recovery



Heading Home

1

Take your medications as directed by your doctor. For questions about bowel prep, consult your referring physician. After midnight before the procedure, avoid eating or drinking, except for medications with a sip of water or bowel prep if needed.

2

Please arrive 1 hour prior to your appointment time. Drop off/pick up location: Lenox Health Greenwich Village 200 W 13th Street New York, NY 10011. Parking information available on page 2

3

Upon entry you will receive an ID badge and be directed to the Endoscopy Suite on the 4<sup>th</sup> floor where you will fill-out paperwork and make a payment, if applicable.

4

Your healthcare team will review your medical history, medications, & prepare you for your procedure  
  
Your physician & Anesthesiologist will explain the procedure and obtain your consent

5

You will then be escorted to the procedure room to begin your procedure  
  
After the procedure, you will receive discharge instructions and the procedure report. You will be brought to the recovery suite

6

When you are ready to go home, you will be discharged & brought to the same entrance where you arrived  
  
Before you go home, you will receive education & instructions  
  
**You will receive a follow-up phone call from one of the nurses within 72 hours.**

## Preparing for your upcoming visit



### Information About Your Procedure\*:

*Estimated Procedure Time: between 30-60 minutes*

1. After your registration and paperwork are complete, the nurse will start an IV, and speak to your anesthesiologist and gastroenterologist
2. The provider, MD, NP, or PA will explain this part of the procedure to you in detail and obtain your written consent.



### The Cost of Your Procedure:

*Understanding your co-pay/co-insurance*

- Please reach out to your insurance company before your procedure to find out about your specific plan.
- Depending on your insurance, you may be responsible for a co-pay, deductible, co-insurance, or out-of-pocket expense.



*Phone # listed on  
the back of your  
insurance card*



### Frequently Asked Questions

*Additional questions can be asked during your pre-operative phone call or to your physician*

1. Valet parking is available between 6 am and 5 pm (if you need to pick up your car after 5 pm, you may do so at 101 W 12<sup>th</sup> Street between 6<sup>th</sup> and 7<sup>th</sup> avenues)
2. Please leave valuables home but we will have a locker for any belongings you bring
3. Visitation: 2 support persons are allowed, 1 at the bedside