



# Plenvu Colonoscopy Preparation Instructions

**FOLLOW THESE INSTRUCTIONS – NOT THOSE ON THE BOX YOU RECEIVE FROM THE PHARMACY!**

## *Items to Purchase*

- Plenvu (prescription)

## *3 Days Before Procedure*

- ✓ Eat a well-balanced diet. Avoid whole grain foods, nuts, seeds, popcorn, raw or dried fruits and vegetables and salads.

## *Day Before Procedure Beginning at 12:01am*

- ✓ For the entire day before your procedure, you should have **NO SOLID FOOD**. You should begin a clear liquid diet.
  - Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc.
  - **DO NOT** consume anything red in color **OR** dairy products.
- ✓ **4:00 pm:** Mix Dose 1 of Plenvu: Using the mixing container, empty the contents of the Dose 1 pouch into at least 16 ounces of water and mix by shaking or stirring until the solution is completely dissolved. This may take a few minutes.
- ✓ Drink the 16 ounces of Plenvu solution over 30 minutes by drinking 1 glassful every 10 to 15 minutes.
- ✓ Following the Plenvu Dose 1, drink an additional 16 ounces of clear fluid over 30 minutes.
- ✓ If nausea, severe bloating, distention, or abdominal pain occurs, stop the prep and resume when symptoms resolve.

## *Day of Procedure*

- ✓ Continue a clear liquid diet.
- ✓ **6 hours prior to arrival time:** Mix Dose 2 of Plenvu: Using the mixing container, empty the contents of Dose 2 (Pouch A & Pouch B) into at least 16 ounces of water and mix by shaking or stirring until the solution is completely dissolved. This may take a few minutes.
- ✓ Drink the 16 ounces of Plenvu solution over 30 minutes by drinking 1 glassful every 10 to 15 minutes.
- ✓ Following the Plenvu Dose 2, drink an additional 16 ounces of clear fluid over 30 minutes.
- ✓ **4 hours prior to arrival time:**
  - Take any necessary medications. You should be finished drinking the Plenvu solution.
  - ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME!** (This includes water.)