

PLENVU

Colonoscopy Preparation Instructions

5 DAYS PRIOR:

- If you have not received your PLENVU prep, please call your doctor's office.
- Stop all stool formers (Metamucil, FiberCon, Citrucel), vitamins, and iron, but continue your other medications.
- If you are on blood thinners, plan to stop them according to the instructions provided, but continue your other medications.

2 DAYS PRIOR:

- Stop eating nuts, seeds, and raw vegetables.

1 DAY PRIOR:

- **Only consume clear liquids.**
- Do not eat solid food until after your procedure.
- No milk or milk products, no soy or non-dairy creamer, no juice pulp, no alcohol, and nothing red or purple in color.
- Drink at least eight - 8oz glasses of clear liquid (64oz) during the day prior to starting your prep.

PLENVU comes with three powder pouches labeled:

Dose 1

Dose 2 pouch A

Dose 2 pouch B

EVENING PRIOR TO COLONOSCOPY AT 5-6 PM:

1. Mix **Dose 1** pouch in mixing container with 16oz of water (up to fill line).
 - Put lid and shake until completely dissolved.
 - Sip over 30 minutes.
2. Slowly drink another 16oz of clear liquid within 30 minutes.
3. Continue drinking additional clear liquids throughout the night.

DAY OF COLONOSCOPY: 5 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:

1. Mix **Dose 2 Pouch A** and **Dose 2 Pouch B** together with 16oz of water.
 - Shake until completely dissolved.
 - Sip over 30 minutes.
2. Slowly drink another 16oz of clear liquid within 30 minutes.
3. Continue drinking additional clear liquids.

3 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:

- **Stop drinking all liquids.**
- **Take all other morning medication with a small sip of water 3 hours prior.**
- **Do not drink anything else after this time.**