



Plenvu Bowel Prep Instructions

*****Read All Instructions Upon Receipt*****

Medications: If you are taking a blood thinning medication, follow your doctor's instructions on holding or continuing this medication. Stop all Stool Formers, Vitamins and Iron 5 days prior to your appointment. Take all other morning medication with a small sip of water at least 3 hours prior to your arrival time.

Diabetics on Diabetic Medication: If you are a diabetic, please see diabetic instructions.

Foods: 2 days prior to appointment stop eating the following foods – nuts, seeds and raw vegetables. The day before your appointment you should only eat/drink clear liquids, no milk or milk products and nothing red or purple.

Upon awakening, the day before your procedure, start a clear liquid diet. See attached list of sample liquid diet for Non Diabetics.

At 5:00 PM, the day before your appointment, begin drinking the 1st dose of Plenvu

- Open the carton and remove the dose 1 sachet
- Pour the contents of dose 1 into a measuring container that can hold 500 ml of fluid
- Add water to make up to 500 ml and stir until all the powder has dissolved. This may take up to approximately 8 minutes
- Drink the 500 ml Plenvu dose 1 over the next hour by drinking 1 glassful every 10 to 15 minutes
- Following the Plenvu dose, drink 500 ml of clear fluid over the next hour
- Continue clear liquid diet as above (NO SOLID FOOD)

Five (5) hours prior to your arrival time, drink the second dose of Plenvu

- Pour the contents of dose 2 into a measuring container that can hold 500 ml of fluid
- Add water to make up to 500 ml and stir until all the powder has dissolved. This may take up to approximately 8 minutes
- Drink the 500 ml Plenvu dose 2 over the next hour by drinking 1 glassful every 10 to 15 minutes
- Following the Plenvu dose, drink 500 ml of clear fluid over the next hour
- **You must stop drinking water at least 3 hours prior to your arrival time (take your morning medications 3 hours prior to arrival time). Do not chew gum or tobacco.**

Transportation: Bring someone with you that can safely drive you home. No Taxi's, Uber or Public Transportation allowed.

Cancel or Reschedule: Please let us know at least 3 business days, prior to your appointment, if you need to cancel or reschedule to avoid a late notice fee.

Smoking (cigarette, cigar, pipe, marijuana, vapor, chew tobacco) Nicotine Patch OK to use: Please do not smoke, on the date of the procedure, until after your procedure.

Call 210-614-1234 if you have any questions