

PLENVU

Colonoscopy Preparation Instructions

READ ALL INSTRUCTIONS UPON RECEIPT

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, REMAIN ON A CLEAR LIQUID DIET: 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.



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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.

TRANSPORTATION:

- Bring someone with you that can safely drive you home. No taxi's, ride shares or public transportation, unless you are accompanied by a family member or friend.

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.

NO CHEWING TOBACCO OR SMOKING (CIGARETTE, CIGAR, PIPE, MARIJUANA, VAPOR):

- Please do not smoke or chew tobacco on the date of the procedure, until after your procedure. Nicotine Patch OK.

CALL 210-614-1234 IF YOU HAVE ANY QUESTIONS