

PLENVU Instructions

PLEASE READ ALL INSTRUCTIONS AHEAD OF THE PROCEDURE DATE.

CALL OUR OFFICE IF YOU HAVE QUESTIONS / CONCERNS: 985-446-1958

You will need to get your prescription for the **Plenvu® Bowel Prep Kit** filled at the pharmacy ahead of time. The kit will include 2 bottles of oral solution that must be mixed with water.

****PLEASE NOTIFY YOUR PHYSICIAN IF YOU HAVE KIDNEY DISEASE OR KIDNEY PROBLEMS.****

2 days prior to procedure	1 day prior to procedure	Day of procedure
No nuts or seeds	Start Clear Liquid Diet & Begin Prep	Arrive at scheduled time

DIET

Two days before your procedure, do not have any nuts or seeds as they are digested slowly.

The day before the procedure, remain on a clear liquid diet all day.

This includes any liquid, which when held up to a light, can be seen through.

Examples:

- Broths and Bouillons
- Fruit Juices (apple, grape, white cranberry, tang, strained lemonade / orange juice)
- Beverages such as coffee (NO milk/creamer), tea, carbonated beverages (soda/cola)
- Dessert such as popsicles, Jell-O, honey, syrup

Drink plenty of clear liquids to avoid dehydration.

****No liquid that contains RED or PURPLE dye, MILK, or ALCOHOL****

Do not eat/drink anything after midnight the night before your procedure except as instructed below:

PLENVU® BOWEL PREP KIT INSTRUCTIONS

****Please disregard the instructions that are inserted in the kit.****

DOSE #1: 5:00 PM THE AFTERNOON BEFORE YOUR PROCEDURE

1. 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 2 to 3 minutes. Take your time- slowly finish the dose within 30 minutes.
2. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

DOSE #2: _____

1. 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 2 to 3 minutes. Take your time- slowly finish the dose within 30 minutes.
2. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.