

Plenvu Bowel Preparation

Your procedure is scheduled on: _____, at _____, with Dr. _____ arrival time: _____

Please pick up your PLENVU bowel prep kit from your pharmacy within the next 3-5 days.

One week prior to your procedure do not eat any nuts, dried fruit, fruit or vegetables with seeds, corn, popcorn or raw vegetables.

DAY BEFORE YOUR PROCEDURE:

1. Clear liquid diet for breakfast, lunch and dinner - NO SOLIDS. (Examples: water, clear fruit juices, clear soda, coffee, tea, plain gelatin, clear broth, popsicles and hard candy. (No red, purple or blue).
2. 5:00 PM empty dose 1 into mixing container, add water to line (16 ounces) mix until completely dissolved.
3. Drink the entire contents of the mixing cup over the next 30 minutes. It is important to drink all the prep, please drink it slowly.
4. You must drink 2 more 16 ounce cups of water (diet sugar free clear drink or crystal light) over the next hour. Keep hydrating.
5. It is very important to continue fluid intake, please make sure to continue to drink clear fluids in addition to your prep.

DAY OF PROCEDURE:

1. Take all morning medication 30 minutes prior to starting your prep. Remember: NO SOLID FOODS.
2. Five hours prior to leaving your home, mix the Dose 2 Pouch A and Dose 2 Pouch B in the mixing container. Add cool drinking water to the 16 ounce line and mix.
3. Drink all the liquid in the mixing cup. It is important to drink the entire prep, please drink it slowly. You must drink 2 more 16 ounce cups of water (diet sugar free clear drink or crystal light) over the next hour.
4. Stop drinking all liquids at least 2 hours prior to leaving your home.

* If you have difficulty with your evening or early morning prep, please visit our website gastrocentralva.com and look at the Frequently Asked Questions (FAQ). If you still need assistance you can reach our on-call physician by calling the answering service at (434) 845-9516.