## PLENVU Bowel Preparation

### Planning for your Procedure

<table>
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<th>When</th>
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| 5 days before your procedure | • Pick up the prescription for PLENVU from your pharmacy. Make sure that you have 1 container and 3 pouches: Dose 1, Dose 2 Pouch A and Dose 2 Pouch B.  
• Do not eat nuts, seeds, whole wheat bread, beans, corn, raw fruits and vegetables with seeds or skin for 5 days before your procedure. |
| 1 day before your procedure | • Do not eat any solid food.  
• Only drink clear liquids, nothing red or purple. No alcohol.  
• Clear liquids include:  
  - water  
  - ginger ale  
  - Sprite, Sierra Mist  
  - apple juice  
  - Gatorade  
  - lemonade  
  - Jell-O  
  - popsicles  
  - broth  
• If preferred, you may prepare and refrigerate PLENVU a few hours ahead of time.  
  **Step 1:** Pour the Dose 1 pouch into the PLENVU container.  
  **Step 2:** Fill the container with water and mix well to dissolve the powder.  
  **Step 3:** Drink all of the liquid in the container within 30 minutes.  
  **Step 4:** Refill the container with any clear liquid, and drink it within 30 minutes. |
| 6 hours before your procedure | • Pour the Dose 2 Pouch A and Dose 2 Pouch B into the PLENVU container. Repeat steps 2-4.  
• Stool must be clear, liquid and without any solid material for your procedure.  
• Take your approved medications with a small sip of water at least 2 hours before your procedure, unless otherwise directed by your provider.  
• If you take diabetic medications, follow instructions given by your provider. |
| 2 hours before your procedure | • Stop drinking any liquids. |

If you have any questions, please call us at (312) 942-5861.