






PLENVU Bowel Preparation

When	What to do before your procedure
 5 days before your procedure	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• Do not eat any solid food.• If you have heart failure or kidney disease, follow your provider’s instructions for your daily fluid amount.• Only drink clear liquids, nothing red or purple. No alcohol.<ul style="list-style-type: none">– water– apple juice– ginger ale– black coffee/tea– Gatorade– Sprite, Sierra Mist• You may have these items until midnight, only if they are clear without any added food:<ul style="list-style-type: none">– broth– water-based popsicles– JELL-O• No dairy, coffee creamer, alternative dairy products such as oat milk, juice with pulp, chewing gum or candy. <div></div> <p>You may prepare and refrigerate PLENVU a few hours in advance.</p> <p>Step 1: Pour the Dose 1 pouch into the PLENVU container.</p> <p>Step 2: Fill the container with water and mix well to dissolve the powder.</p> <p>Step 3: Drink all of the liquid in the container within 30 minutes.</p> <p>Step 4: Refill the container with any clear liquid, and drink it within 30 minutes.</p>
After midnight	<ul style="list-style-type: none">• Stop eating any broth, popsicles, or JELL-O.
 6 hours before your procedure	<ul style="list-style-type: none">• Pour the Dose 2 Pouch A and Dose 2 Pouch B into the PLENVU container. Repeat steps 2-4.• Do not eat any solid food, broth, popsicles, or JELL-O.• Stool must be a clear, yellow-colored liquid (similar to apple juice) and without any solid material for your procedure.• Take your approved medications with a small sip of water at least 3 hours before your procedure, unless otherwise directed by your provider.• If you take diabetic medications, follow instructions given by your provider.
 3 hours before your procedure	<ul style="list-style-type: none">• Stop drinking any liquids.

If you eat any solid food on the day of your procedure, your procedure may be canceled.
If you have any questions, please contact the clinic.