


PLENVU Bowel Preparation

Planning for your Procedure

When	What to do									
<p>5 days before your procedure</p>	<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. 									
<p>1 day before your procedure</p> <div style="text-align: center; margin-top: 20px;">  </div>	<ul style="list-style-type: none"> • Do not eat any solid food. • Only drink clear liquids, nothing red or purple. No alcohol. • Clear liquids include: <table border="0" style="width: 100%; margin-left: 20px;"> <tr> <td>– water</td> <td>– apple juice</td> <td>– Jell-O</td> </tr> <tr> <td>– ginger ale</td> <td>– Gatorade</td> <td>– popsicles</td> </tr> <tr> <td>– Sprite, Sierra Mist</td> <td>– lemonade</td> <td>– broth</td> </tr> </table> • If preferred, you may prepare and refrigerate PLENVU a few hours ahead of time. <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>	– water	– apple juice	– Jell-O	– ginger ale	– Gatorade	– popsicles	– Sprite, Sierra Mist	– lemonade	– broth
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<p>6 hours before your procedure</p>	<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. • 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. 									
<p>2 hours before your procedure</p>	<ul style="list-style-type: none"> • Stop drinking any liquids. 									

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