

# Instructions for Colonoscopy Preparation with PLENVU®

**FOLLOW THESE INSTRUCTIONS FOR YOUR PREPARATION** (Ignore instructions with the box.) Failure to take the prep as indicated below will result in a poorly cleansed colon and **cancellation** of the procedure. This is for your **safety** and to eliminate the possibility of having to repeat this procedure.

## **What you will need to successfully complete this Prep:**

- Prior to your procedure have your prescription for PLENVU® filled at the pharmacy.
- Purchase any of the **Clear Liquid Suggestions**.

## **DAY BEFORE YOUR PROCEDURE:**

- Eat a soft, light diet until 10:00am (Eggs, plain oatmeal, pudding, soups, applesauce)
- Drink only **clear** liquids after 10:00am: **solid foods, milk, or milk products are NOT ALLOWED.**
- Stay hydrated. The more you drink, the better you'll feel, and you will be more likely to have a good prep so the doctor can complete the procedure.

## **THE EVENING BEFORE YOUR PROCEDURE:**

Beginning at 4:00pm:

1. Empty Dose 1 (Mango) pouch into the disposable container. Add 16 ounces of water to the fill line. Mix or shake until all powder is dissolved. Dissolving powder and water may take up to 2 to 3 minutes. Drink solution within a 30 minute time frame.
2. After step one is complete, drink at least 16 ounces of the clear liquid of your choice.

## **THE DAY OF YOUR PROCEDURE:**

1. Continue a clear liquid diet, no solid foods, milk or milk products.
2. 6 HOURS prior to your arrival time, Empty Dose 2 (Fruit Punch) pouch (A) and pouch (B) into the same disposable container. Add 16 ounces of water to the fill line. Mix or shake until powder is dissolved. Dissolving powder may take up to 2 to 3 minutes. Drink solution within 45 minute time frame.
3. After step two is complete, drink at least 16 ounces of clear liquid of your choice.

**DO NOT DRINK ANYTHING FOUR (4) HOURS PRIOR TO YOUR ARRIVAL TIME!!!**