



Instructions for Plenvu – 12 hour prep

1. Obtain from the pharmacy or store: Plenvu by prescription

Special Instructions:

1. Do not take these medications for the 7 days before your procedure:

A. Iron medication

B. Pills containing oils such as fish oil, Vitamin E, castor oil (however, if you have taken these medications please stop now and let the physician know at the time of your procedure).

2. It is OK to continue to take baby aspirin (aspirin 81mg).

3. Please notify us if you are a diabetic or are on any blood thinning medications. Your medication will need adjustment during the prep and procedure period.

4. 3 days before prep – no fruits with skins, raw vegetables, nuts, seeds, corn, or popcorn. No bulk agents such as Metamucil or Citrucel. If you inadvertently have eaten anything you shouldn't have, go ahead and proceed with the prep as outlined below but avoid any further foods on this list.

Instructions:

1. Day before the procedure (date) _____

A. Drink **ONLY** clear liquids ALL day (breakfast, lunch and dinner)

Examples: tea, coffee, water, apple juice, cranberry juice (contains no red dye), clear broth, carbonated

beverages, Popsicles, Jell-O, Hi-C, Gatorade, Crystal Light. **Do not drink any red liquids** (cranberry juice is ok). **No solid food or milk products.**

B.4:00 p.m. – 1st dose: Plenvu – mix right before drinking. Fill with water to 16-ounce line on the cup and pour in one packet of powder (Mango flavor). Mix and drink. To help prevent nausea you may take up to 30minutes to drink. Followed with 16 ounce glass of water.

C. Drink lots of additional clear fluids.

2. Day of Procedure: 4 hours before you leave for our office:

2nd dose 2 packets: Plenvu - fill with water to 16-ounce line on the cup and pour in 2 packets of powder, in same cup (Fruit punch flavor). Mix and drink it. To help prevent nausea you may take up to 30minutes to drink. Followed with one 16-ounce glass of water.

Then nothing to drink 3 hours before arrival time and nothing to eat until after the procedure.

The goal for your bowel prep is to have clean/see through yellow tinged output. If you are still having solid output, please contact our office the morning of your procedure for further instructions.

Date of the procedure _____ Arrival Time _____

You must have a driver who is able to bring you to the procedure and stay with you for the duration of your visit. If your driver must leave for any reason, your procedure will be cancelled.

If you have any questions, call the office at 397-7340, after 5:00 p.m. 815-490-5704.

DRIVER MUST STAY