

# PLENVU Prep Instructions

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## PICK UP WITHIN THE NEXT 7 DAYS AT YOUR PHARMACY

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### 3 DAYS PRIOR TO PROCEDURE

No raw vegetables, salads, fruits, seeds, nuts, or corn.

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### 1 DAY BEFORE YOUR PROCEDURE

**When you wake up in the morning, begin clear liquid diet, no solid food.**

- 4 p.m.** Add the contents of “Dose 1” pouch and 16 oz. of water to the mixing container.  
Mix well and drink over 30 minutes.  
Refill the container with 16 oz clear liquids and drink over 30 minutes.

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### CONTINUE TO DRINK CLEAR LIQUIDS UNTIL YOUR SECOND DOSE OF PREP

#### For Morning Procedures (before 1 p.m.)

- 11 p.m.** Add the contents of “Dose 2” (Pouch A and B) and 16 oz. of water to the mixing container.  
Mix well and drink over 30 minutes.  
Refill the container with 16 oz. clear liquids and drink over 30 minutes.

You are to **have nothing else by mouth** after midnight (except required medications with a small sip of water).

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## DAY OF PROCEDURE

### For Afternoon Procedures (after 1 p.m.)

- 5 a.m.** Add the contents of “Dose 2” (Pouch A and B) and 16 oz. of water to the mixing container.  
Mix well and drink over 30 minutes.  
Refill the container with 16 oz. clear liquids and drink over 30 minutes.

You are to **have nothing else by mouth** after 6 a.m. (except required medications with a small sip of water).

You are **not to have** things like water, gum, candy, mints, cough drops, chewing tobacco, Jell-O, or broth after second dose is completed.

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### CLEAR LIQUID OPTIONS (AVOID ANYTHING RED OR PURPLE)

- Apple juice
- Clear chicken or beef broth
- Clear fruit drinks without pulp
- Coffee/Tea (without dairy or non-dairy creamer)
- Gatorade
- Jell-O without fruit
- Popsicles
- Soft drinks
- Water
- White grape juice

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### NO ALCOHOLIC BEVERAGES DURING PREP

The success of your colonoscopy depends on full completion of your prep.

A successful prep means your bowel movements should be clear or yellow.