

# **PLENVU PATIENT INSTRUCTIONS**

You will need to drink the Plenvu laxative solution to clean your colon. You must complete the entire prep to ensure the most effective cleansing. Purchase one Plenvu kit from your pharmacist using the enclosed prescription. **Please pick up your Plenvu prescription one week prior to your procedure!** Less expensive alternatives are available with a prescription but require drinking more volume and are to be asked for before or at the time of picking up prescription.

**YOU MUST NOTIFY OUR OFFICE WITHIN 72 HOURS OF APPOINTMENT IF A PRE-AUTHORIZATION OR NOTIFICATION IS REQUIRED.  
YOU MUST NOTIFY OUR OFFICE WITHIN 72 HOURS IF YOU NEED TO CANCEL YOUR PROCEDURE TO AVOID BEING CHARGED A POSSIBLE \$100.00 CANCELLATION FEE.**

**One Day Before Your Colonoscopy:** No solid foods – **Clear liquids ONLY** throughout the day. **NOTHING RED OR PURPLE!** NO fruits, vegetables, cookies, crackers, or frozen concentrated liquids.

## **Clear Liquid Diet List:**

Soft Drinks, Strained fruit juices (Apple Juice, White Cranberry, White Grape Juice), Kool-Aid, Gatorade, Ginger Ale, Coffee, Tea, Water, Chicken or Beef broth/bouillon, Gelatin without added fruit or topping, Hard Candies (example: Jolly Ranchers), Popsicles (No sherbet or fruit bars). **NO MILK CREAMERS, NO DAIRY, NO ALCOHOLIC BEVERAGES! NOTHING RED OR PURPLE!**

## **Evening before your Colonoscopy – at 5:00 pm (1<sup>st</sup> Dose):**

- Step 1: Pour contents of dose pouch (1) into the mixing container.
- Step 2: Add cool drinking water to the 16-ounce line on the container and mix.
- Step 3: Drink ALL the liquid in the container within 30 minutes.
- Step 4: You MUST drink at least (1) more 16-ounce container of water within 30 minutes.

## **Evening before your Colonoscopy – at 9:00 pm (2nd Dose):**

Repeat steps 1-4

**AFTER COMPLETING THE PREP DO NOT EAT OR DRINK ANYTHING UNTIL AFTER YOUR PROCEDURE!!!!**