

PLENVU® / CLEAR LIQUID BOWEL PREPARATION

Your efforts at cleansing your colon are essential for an accurate and safe procedure. The instructions provided below are designed to maximize the ease, safety and success of your preparation. **If you believe your prep has not been effective please inform the nurse and physician prior to the procedure.**

Purchase the following at the pharmacy

- PLENVU® bowel prep kit (prescription enclosed)
- Optional: Plain or aloe Baby wipes (minimizes bottom irritation)
- Optional: Desitin or A&D ointment (minimizes bottom irritation)

DAY ONE OF PREP (day BEFORE procedure)

- **Clear liquid diet only entire day** (examples listed on reverse side). **Failure to follow instructions can lead to a poor prep and will likely result in your procedure being incomplete or cancelled.**

Any time after 6:00 p.m. (recommend to start prior to 9:00 p.m.)

- **NOTE:** The prep may be mixed up to 6 hours prior to your prep start time if refrigerated
- **STEP 1:** Use the included mixing container to mix the contents of the **Dose 1 Pouch** with 16 ounces of water (fill line equals 16 ounces); stir/shake until **completely** dissolved. Slowly drink entire contents within the next 30 minutes.
- **STEP 2:** Refill the mixing container with 16 ounces of clear liquid and slowly drink within the next 30 minutes.

Make a conscious effort to drink as many clear liquids as you can before, during and after the preparation. You may have clear caffeinated beverages; however please do not make these a majority of your liquids.

DAY 2 OF PREP (morning OF procedure)

- **Nothing to eat or drink, other than as instructed below.**
- **STEP 1: BEGIN 3-4 HOURS PRIOR TO LEAVING YOUR HOME**
Use the mixing container to mix the contents of **Dose 2 (Pouch A and Pouch B)** with 16 ounces of water; stir/shake until **completely** dissolved. Slowly drink the entire contents within the next 30 minutes.
- **Step 2:** Refill the mixing container with 16 ounces of clear liquid and drink within the next 30 minutes.
- You may continue drinking water – **Stopping at least 2 hours prior to leaving your house.**

CLEAR LIQUID DIET – Includes but not limited to suggestions below

Water

Apple juice

Cranberry juice (okay because it is naturally red)

White grape juice

Propel fitness water (any flavor)

Gatorade (no red, blue or purple; all other colors acceptable)

Tea

Coffee. No cream or dairy products added.

Chicken or beef broth (strained)

Jell-O (no red, blue or purple; all other colors acceptable)

Popsicles (no red, blue or purple; all other colors acceptable)

You may have clear liquids with caffeine. However, please do not make it the majority of your liquids.