

PlenVu Instructions

Early Morning procedure

You need to purchase PlenVu (bowel prep) at your pharmacy.

On the **DAY BEFORE** your procedure:

Only drink **CLEAR** liquids the entire day. There is no restriction on the amount you can drink.

Clear Liquid Diet Consists of:

Water, white grape juice, apple juice, plain bouillon, tea, coffee (no creamer or sugar), plain Jell-O (no fruit topping or additives), popsicles, sugar free soft drinks, Gatorade/Pedialyte.

NO red or purple products

NO solid foods, milk, or alcohol

You may drink any clear liquids up to 6 hours prior to the procedure. It is important to drink extra clear liquids during and after the prep to prevent dehydration!

6PM – Pour contents of Dose A into the disposable container provided. Add drinking water (16oz) to the line on the container. Mix and drink.

The following hour – Drink two more 16oz glasses of water over one hour. This is a necessary step to ensure adequate hydration and effective prep.

10pm – Pour contents of Dose B (Pouch A and B) into the disposable container provided. Add drinking water (16oz) to the line on the container. Mix and drink.

The following hour – Drink two more 16oz glasses of water over one hour. This is a necessary step to ensure adequate hydration and effective prep.

Continue to drink clear liquids after the prep is complete. DO NOT FOLLOW THE INSTRUCTIONS ON THE BOX. Anesthesia will not allow you to drink 6 hours prior to your procedure.

6 hours prior to procedure – Nothing by mouth including: Candy, mints, gum, or tobacco products.
Failure to do so will cause your procedure will be delayed or cancelled. This is for your safety!

Diabetics: Use G2 (Gatorade), this product has less sugar than regular Gatorade. You must contact your primary doctor or Endocrinologist regarding your diabetic medications.