



Hampton Roads Gastroenterology

501 Medical Drive, Hampton VA 23666

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Plenvu Bowel Prep for Colonoscopy

Please read all prep instructions, as well as the Procedure Instructions also provided.

- Obtain your prep kit from the pharmacy as soon as possible.
- If you have any problems with your prep, please call the office at 826-3434.
- **DO NOT FOLLOW THE INSTRUCTIONS PROVIDED BY THE PACKAGE INSERT; FOLLOW THESE INSTRUCTIONS FOR YOUR PREP.** Thank you!

For the 3 days prior to your procedure: Avoid greens, vegetables, leafy foods, corn, seeds, & fruits with seeds

On the day before your procedure

1. You may only have CLEAR LIQUIDS. Try to drink something every hour that you are awake.
You may have: apple juice, white grape juice, Jell-O (ONLY green or yellow), popsicles (ONLY green or yellow), 7-UP, Sprite, Ginger Ale, weak tea, CLEAR broths (with no food in it), and bouillon cubes.
You MAY NOT have: orange juice, coffee, Coke, Pepsi, solid foods, milk, any broths with bits of food or highly seasoned broths, or alcoholic beverages.
2. If you are *extremely* hungry, you may have a cup of blended yogurt (no fiber) or a nutrition drink such as Boost or Ensure before 2 PM.
3. Between 5 and 7 PM, you will begin the Plenvu. Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of clear liquid until completely dissolved. This can be done 24 hours in advance and refrigerated). Drink entire container slowly over the next 30 minutes.
4. Refill the container with at least 16 ounces of clear liquid. Again, drink entire container slowly over the next 30 minutes.

On the morning of your procedure:

1. Three hours before your scheduled procedure time, but no later than 7 AM, use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of clear liquid until completely dissolved. Drink entire container slowly over the next 30 minutes.
2. Refill the container with at least 16 ounces of clear liquid. Again, drink entire container slowly over the next 30 minutes.
3. **STOP DRINKING ALL LIQUIDS 3 HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME. YOU MAY NOT EAT ANY FOOD ON THE DAY OF YOUR PROCEDURE.**

You must have a driver for your procedure; you will be sedated and not allowed to drive yourself. You may not take a taxi or bus home from the procedure. If you arrive without a driver, you may be charged a \$150 fee.