

# COLONOSCOPY- Prep Instructions for Plenvu

**Strict compliance with these instructions is necessary to avoid misdiagnosing and to ensure a safe and complete exam.**

**Clear liquid diet starts the day before your procedure, instructions on back.**

**About Plenvu:** Plenvu is taken to clean your colon prior to your colonoscopy. This solution requires a prescription. Your prescription can be sent to your pharmacy electronically or sent with you when your procedure is scheduled. If you have not received your prep one week prior to your procedure, please call our office at (309) 451-1123 to request the prep be resent to your pharmacy.

## **4:30 PM The Day Before Your Procedure:**

1. Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it is completely dissolved. This may take up to 2-3 minutes. Take your time and slowly finish the dose within 30 minutes.
2. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.
3. **Continue to drink 16 oz. of clear liquid every hour until bedtime.**

## **The day of the scheduled procedure:**

<b>Procedures scheduled <i>before 11am</i></b>	<b>Procedures scheduled <i>after 11am</i></b>
<b>At 3am:</b> <ol style="list-style-type: none"><li>1. Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using spoon until it is completely dissolved. This may take up to 2-3 minutes. Take your time and slowly finish the dose within 30 minutes.</li><li>2. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.</li><li>3. <b>Stop ALL LIQUIDS 2 hours before your arrival time.</b></li></ol>	<b>At 6am:</b> <ol style="list-style-type: none"><li>1. Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using spoon until it is completely dissolved. This may take up to 2-3 minutes. Take your time and slowly finish the dose within 30 minutes.</li><li>2. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.</li><li>3. <b>Stop ALL LIQUIDS 2 hours before your arrival time.</b></li></ol>

**Please continue to drink plenty of clear liquids but stop ALL LIQUIDS 2 hours before your arrival time.**

**Please be aware:** Your stools should be light yellow to clear with no solid particles prior to coming to Gastrointestinal Institute.

If you have any questions or concerns regarding this prep, please call the triage nurse at (309) 451-1123 for further guidance.