

PLENVU Colon Prep: (Do Not Follow the Instructions on the Box)

Diet Information

- The day before your colonoscopy you will be on a **clear liquid diet only**, for the entire day.
- The 2nd dose of the bowel prep must be finished by 4 AM. After 4 AM, you must not eat or drink anything and remain NPO (nothing by mouth) until after your scheduled procedure.

Plenvu Instructions: Completed the Day before the Procedure

Step 1: At **5:00 PM** the evening before your procedure, mix the Plenvu solution.

1. Use the mixing container to mix the contents of Dose 1 Pouch with 16 ounces of water by shaking or using a spoon until it is completely dissolved.
2. This may take up to 2 to 3 minutes.
3. Take your time and slowly finish the dose within 30 minutes.
4. Refill the container with at least 16 ounces of water/clear liquid. Again, take your time and slowly finish all of it within 30 minutes
5. Drink more water after that until bed time

* After you finish Step 1, it can be helpful to take 2 chewable Simethicone (e.g. GasX). This helps alleviate the bloating sensation you might experience with the bowel prep.

Step 2: At **3:00 AM** the morning of colonoscopy:

begin drinking the second portion of your prep.

1. Use the mixing container to mix the contents of Dose 2 (Both Pouch A and B) with 16 ounces of water by shaking or using spoon until it is completely dissolved.
2. This may take up to 2 to 3 minutes.
3. Take your time and slowly finish the dose within 30 minutes.

Refill the container with at least 16 ounces of water/clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

* After you finish Step 2, it can be helpful to take 2 chewable Simethicone (e.g. GasX). This helps alleviate the bloating sensation you might experience with the bowel prep.

NOTE: PLENVU can be refrigerated. Use within 6 hours after its been mixed with water.

*****Aim to be nothing by mouth (NPO) after 4 AM. This is important to reduce the risk of aspiration with sedation.**

The day of your procedure:

Do NOT eat anything the day of (and the day before) your procedure. Do NOT drink anything after 4 AM. If you do, there is a **risk of aspiration with sedation**. Therefore, your procedure may be cancelled or delayed. You may resume a normal diet after the procedure.

For additional information, please visit our website, www.loudounslcenter.com.

ADDITIONAL INFORMATION

- You must drink the entire prep for the best results.
- Drinking plenty of water throughout the day before your colonoscopy will also help.
- If you experience preparation-related symptoms (nausea, bloating, cramping, etc.), pause or slow the rate of drinking the additional water until your symptoms diminish.
- If you have chronic constipation, or if you have history of poor prep on previous colonoscopies, it is recommended to take a laxative at 1:00 PM the day before your colonoscopy (before starting the usual prep described above).
- The choice of laxative includes 2 full doses of Miralax (17g of Miralax in 8oz of water, and repeat), or alternatively you can drink one (1) bottle (10oz) of magnesium citrate.

Both Miralax and magnesium citrate are available over the counter.

Note: if you have history of chronic kidney disease (CKD) or history of heart disease, please avoid magnesium citrate and instead use Miralax, if needed.

- Clear liquids are transparent. Avoid liquids with a red dye. For additional information, including types of diets, please visit www.loudounslcenter.com

If you are having an emergency or do not start having bowel movements, 3 hours after step 1, call (703) 723-3670 to reach the on-call provider.

The day of your procedure:

Do NOT eat anything the day of (and the day before) your procedure. Do NOT drink anything after 4 AM. If you do, there is a **risk of aspiration with sedation**. Therefore, your procedure may be cancelled or delayed. You may resume a normal diet after the procedure.

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