



COLON, STOMACH & LIVER CENTER, LLC | LOUDOUN ENDOSCOPY GROUP

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

Diet Information

From midnight until midnight the day before your procedure you will be on a **clear liquid diet**, no solid foods (the entire 24 hour day before your procedure). After 12 am on the night before your procedure, you will remain NPO (nothing by mouth) until after your scheduled procedure.

Prep Instructions: Completed the Day before the Procedure

Step 1: At **4:00 PM** the evening before your procedure, mix the Plenvu solution.

1. Use the mixing container to mix the contents of the Dose 1 Pouch with at least
2. 16 ounces of water by shaking or using a spoon until its competently dissolved.
3. This may take up to 2 to 3 minutes.
4. Take your time-slowly finish the dose within 30 minutes.

Step 2: At **9:00 PM** the night before your procedure, begin drinking the second portion of your prep.

5. Use the mixing container to mix the contents of Dose 2 (Both Pouch A and B)
6. with at least 16 ounces of water by shaking or using spoon until its dissolved.
7. This may take up to 2 to 3 minutes. Take your time and slowly finish the dose
8. within 30 minutes.
9. Refill the container with at least 16 ounces of clear liquid. Again, take your
10. time and slowly finish all of it within 30 minutes

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

Additional Information

You must drink the entire prep for the best results. Drinking plenty of water will also help. You can continue to drink clear liquids up until 12 AM. After 12 AM, though, nothing to eat or drink until after your procedure.

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

If you are having an emergency or do not start having any bowel movements 2 hours after finishing step 4, call (703) 723-3670 to reach the on-call provider.

The day of your procedure:

Do NOT eat anything the day of your procedure. Do NOT drink anything after 12 AM the day of your procedure. If you do, there is a risk of aspiration with the 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.