



PLENVU BOWEL PREP INSTRUCTIONS

Refrigerate Plenvu and use within 6 hours after mixed with water for best results

1. Begin a clear liquid diet two (2) days before your scheduled procedure and follow until after procedure has been completed.

During your clear liquid diet, you may have:

- Coffee (no milk, cream, or powdered creamer)
- Tea
- Kool-Aid, Jell-O (no pieces of fruit or vegetables)
- Apple Juice
- Ginger ale
- Sprite
- 7-Up
- Fat Free Broth or Bouillon
- Water
- Gatorade
- Popsicles
- Hard candy

You may NOT have:

- Food or Drink that is RED (Cherry, Strawberry, Raspberry, Fruit Punch, Watermelon, etc – NO RED!!)
 - Coke, Pepsi, or Big Red
 - Seeds, Nuts, Legumes – 2 weeks prior to procedure
2. At 6:00pm the evening before your procedure, mix dose 1 (Mango flavor) of Plenvu with at least 16 ounces of water. Shake or mix with spoon until powder has fully dissolved. Drink entire dose within 30 minutes of mixing.
 3. Drink an additional 16 ounces of clear liquid of your choice within 30 minutes of finishing dose 1.
 4. 5 hours before your procedure start time, repeat steps 2 and 3 using Dose 2 of Plenvu.
 5. Your bowels should be clear or light-yellow with water consistency.
 6. Stop drinking all liquids 3 hours before procedure