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PLENVU INSTRUCTIONS

DAY BEFORE PROCEDURE: _____

- 1. Clear liquid diet all day:** Examples – black coffee, tea, apple juice, soft drinks, Gatorade, broth (chicken, beef, or vegetable), Jell-O, popsicles, and hard candy.
****NO SOLID FOODS, NOTHING RED IN COLOR, AND NO MILK OR MILK PRODUCTS!****

2. At 4:00 PM:

1. Empty the contents of Dose 1 into the mixing container that comes with PLENVU.
2. Add water to the Fill Line on container (this will be 16oz) and mix until contents are dissolved.
3. Drink entire contents of the mixing container over the next 30 minutes. Be sure to drink all the solution.
4. Rinse mixing container with water. Refill the fill line with clear liquids (this will be 16oz).
Drink entire contents over the next 30 minutes.

3. At 8:00 PM:

1. Empty contents of Dose 2 (pouch A and pouch B) into mixing container at the same time.
2. Add water to the Fill Line on container (this will be 16oz) and mix until contents are dissolved.
3. Drink entire contents of the mixing container over the next 30 minutes. Be sure to drink all the solution.
4. Rinse mixing container with water. Refill the fill line with clear liquids (this will be 16oz).
Drink entire contents over the next 30 minutes.

4. NOTHING TO EAT OR DRINK AFTER MIDNIGHT!

DAY OF PROCEDURE: _____

- 1. 1 ½ hour prior to arrival or leaving your house: DO ONE FLEET ENEMA (purchase over the counter).**
- 2. Do not eat or drink anything, not even water. Nothing to eat, drink, smoke, or chew (no water, gum, or candy). You may brush your teeth.**
- 3. Special Instructions for routine medications:**

Blood pressure medicine	Take with a sip of water
Heart medicine	Take with a sip of water
Oral Diabetic medicine	Hold morning of the procedure
Blood thinner	Stop 5 days before procedure
Aspirin or aspirin products	Stop 5 days before procedure
Iron preparations	Stop 5 days before procedure
Vitamin E	Stop 5 days before procedure
Insulin	Hold morning of the procedure

***If you are a diabetic, please check your blood sugar prior to coming in for your procedure.**

REPORT TO: _____

Arrival Time: _____ **Day:** _____ **Date:** _____

NO RIDE, NO PROCEDURE! DRIVER MUST NOT LEAVE. EXPECT TO BE AT FACILITY FOR APPROXIMATELY 2 HOURS.

Commerce
Northridge Specialty Clinic
209 Mercer Place
Commerce, GA 30529

Greensboro
Tender Care Clinic
803 South Main Street
Greensboro, GA 30642

Lavonia
St. Mary's Sacred Heart
367 Clear Creek Drive Suite 2003
Lavonia, GA 30553

Hartwell
Hartwell Family Practice
229 Athens St.
Hartwell, GA 30643