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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! \*You may experience bloating, nausea, and/or chilliness after starting the bowel prep. You may try drinking with a straw and drinking chilled. This is temporary and should improve after your bowels start moving.**

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

**4. If you are a diabetic,** please check your blood sugar prior to coming in for your procedure. If your blood sugar is low and you are having symptoms, drink 2-4 ounces of apple juice (this may delay your procedure).

**\*Please pick up your prep from the pharmacy at least 3-5 days before your procedure.** If your procedure is on a Monday, pick up from the pharmacy by the Friday before your procedure to avoid problems with receiving your prep due to cost, insurance, pharmacy availability, etc.

**REPORT TO:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_ **Day:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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

Lavonia  
St. Mary's Sacred Heart  
367 Clear Creek Drive  
Suite 2007  
Lavonia, GA 30553

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

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

Madison  
Morgan Medical  
Center  
1740 Lions Club  
Suite 100  
Madison, GA 30650

Commerce  
Northridge Specialty  
Clinic  
209 Mercer Place  
Commerce, GA 30529