

## PLENVU Bowel Preparation Instructions

Bowel preparation for a colonoscopy actually starts up to 1 week before, when you should stop taking certain medications or supplements and begin a low fiber diet. Please carefully read all your Provider's instructions at least 1 week before your exam.

Please review the links below at least 1 week prior to your procedure.

[Bowel Preparation Overview for Colonoscopy](#)

[Low Fiber Food Chart](#)

[Clear Liquid Chart](#)

[Diabetes Medications](#)

### Key instructions

- Your bowel must be empty so that your doctor can clearly view your colon. Follow all the instructions in the handout.
- DO NOT eat solid food the entire day before your colonoscopy. Drink only clear liquids.
- DO NOT have any liquids or anything by mouth starting three (3) hours before your procedure time.

Please purchase your bowel preparation kit 1 WEEK BEFORE your colonoscopy. PLENVU is a prescription laxative and must be picked up from your Pharmacy.

Dose 1 – In the evening before the colonoscopy, at 6 pm:

1. Empty the contents of Dose 1 into the mixing container that comes with PLENVU.
2. Add water to the fill line on the mixing container (at least 16 fluid ounces). Do not add other ingredients to the PLENVU solution.
3. Thoroughly mix with a spoon or shake with lid on securely until completely dissolved (which may take 2 to 3 minutes).
4. Drink over the next 30 minutes. Be sure to drink all of the solution.
5. Refill the mixing container to the fill line (at least 16 fluid ounces) with clear liquids and drink over the next 30 minutes.
6. Consume additional clear liquids during the evening.
7. If severe bloating, abdominal distention, or abdominal pain occurs following the first dose, delay the second dose until the symptoms resolve.

Dose 2 – The next morning, on the day of the colonoscopy, 5 hours before your scheduled procedure time:

1. Empty the contents of Dose 2 Pouch A and Dose 2 Pouch B into the mixing container that comes with PLENVU.

2. Add water to the fill line on the mixing container (at least 16 fluid ounces). Do not add other ingredients to the PLENVU solution.
3. Thoroughly mix with a spoon or shake with lid on securely until completely dissolved (which may take 2 to 3 minutes). Drink over the next 30 minutes. Be sure to drink all of the solution.
4. Refill the mixing container to the fill line (at least 16 fluid ounces) with clear liquids and drink over the next 30 minutes.
5. Consume additional water or clear liquids up to 2 hours before the colonoscopy or as prescribed by your doctor. Then stop drinking liquids until after the colonoscopy.
6. Stop drinking PLENVU temporarily or drink each portion at longer intervals if severe bloating, abdominal discomfort or distention occurs, until these symptoms resolve.

#### IMPORTANT INFORMATION BELOW

- Please remember to arrive at Carson Endoscopy Center one (1) hour before your scheduled procedure time.
- Please remember to have a responsible driver with you.
- Please remember NOT to drink any liquids or have ANYTHING by mouth starting three (3) hours before your scheduled procedure time.