



Plenvu Bowel Prep for Morning Procedures

Procedure Date/Time: _____

Procedure Location: _____

Arrival Location/Time: _____

THE DAY BEFORE THE PROCEDURE

You may have a regular breakfast until 11:00am then remain on clear liquids the remainder of the day. Clear liquids do not include ALCOHOL. Any of the following clear liquids are OK:

- Water
- Strained fruit juices (without pulp) including apple, white grape, or white cranberry
- Gatorade (NO RED, ORANGE, OR PURPLE)
- Diet and regular soft drinks (NO RED, ORANGE, OR PURPLE)
- Coffee or tea (DO NOT use any dairy or non-dairy creamer)
- Chicken broth and/ or Beef Broth
- Jell-o (NO RED, ORANGE, OR PURPLE) and Popsicles (NO RED, ORANGE, OR PURPLE)

FOLLOW THESE PREP INSTRUCTIONS ONLY – DO NOT FOLLOW THE INSTRUCTIONS ON YOUR PREP BOX/CONTAINER!

First Dose:

1. **3:00 pm** - Empty dose 1 packet into the mixing container and fill with water to the line.
2. Mix with a spoon or tightly close the lid and shake solution until completely dissolved.
3. Drink **ALL** of the mixture **over the next 30 minutes**.
4. Rinse the container and fill with one of the clear liquids listed above. You must drink at least 16 oz of clear fluids **over the next 30 minutes**. Continue to drink clear fluids at your own pace throughout the day.

Second Dose:

1. **9:00 pm** - Rinse the mixing container and empty dose 2, packets **A and B**, into the container. Fill with water to the line.
2. Repeat instructions numbered 2 through 4 as listed above.
3. Continue drinking clear fluids at your own pace until you go to bed or midnight.

**NOTHING BY MOUTH AFTER MIDNIGHT EXCEPT PRE-APPROVED MEDICATIONS.
THIS INCLUDES WATER, CHEWING GUM, HARD OR SOFT CANDY, TOBACCO, ETC.**

THE MORNING OF YOUR PROCEDURE

- Take only pre-approved medications with a sip of water. Patients scheduled at the hospital should follow the facility's medication instructions when provided.
- Bring insurance card(s). Leave valuables at home.
- **YOU MUST HAVE an adult family member or friend available to take you to, remain on premises during, and take you home after the procedure.**
- **YOU ARE NOT PERMITTED TO DRIVE 12 HOURS FOLLOWING YOUR PROCEDURE.**

SURGICAL & COLONOSCOPY PROCEDURES CANCELED OR RESCHEDULED WITH LESS THAN 5 BUSINESS DAYS
NOTICE WILL INCUR A \$100 FEE.