



Digestive Health  
Specialists

OF THE SOUTHEAST



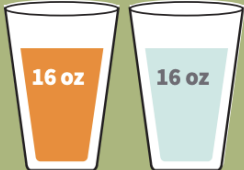
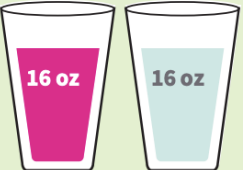
## PLENVU INSTRUCTIONS

### THE DAY BEFORE PROCEDURE

- Clear liquid diet all day. **No solid food**
- Allowed liquids: Water, Strained fruit juices (without pulp) including apple, orange, white grape, or white cranberry • Limeade or lemonade • Coffee or tea (DO NOT use any dairy or non-dairy creamer) • Chicken broth • Gelatin desserts without added fruit or topping (NO RED OR PURPLE)
- DO NOT CONSUME MILK, ALCOHOL, OR ANYTHING RED OR PURPLE
- **\*\*\*If you are asked to do a “Two day prep”, please take either 4 capfuls of Miralax mixed in water or Gatorade at 12 noon the day before your procedure or 1 bottle of magnesium citrate\*\*\***
- Mix the contents of Dose 1 Pouch with at least 16oz of water and shake in the provided mixing container until dissolved (This may take up to 2-3min). This may be refrigerated.
- At **5PM**, slowly finish the the first dose within 30 minutes.
- Refill the container with 16oz of clear liquid. Again, take your time and slowly finish all of it within 30min.
- Continue to drink clear liquids throughout the evening.

### THE MORNING OF YOUR PROCEDURE

- Begin the second dose of your prep **6 hours** before your scheduled procedure arrival time
- Mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 oz of water until dissolved (This may take up to 2-3min). Take your time and slowly finish the dose within 30min.
- Refill the container with at least 16oz of clear liquid. Slowly finish all of it within 30min.
- Continue drinking clear liquids, but stop at least 2 hours before your colonoscopy.

EVENING 	MORNING 
<p data-bbox="251 1648 381 1680"><b>DOSE 1</b></p>  <p data-bbox="211 1900 418 1932">MANGO FLAVOR</p>	<p data-bbox="544 1711 876 1869"><b>WAIT APPROXIMATELY 12 HOURS FROM THE START OF DOSE 1</b></p>  <p data-bbox="909 1900 1193 1932">FRUIT PUNCH FLAVOR</p> <p data-bbox="1242 1753 1469 1827"><b>READY FOR COLONOSCOPY</b></p>

Note: actual solution is clear.