

Instructions for Colonoscopy Preparation with PLENVU®

DO NOT Follow instructions on box. Follow instructions below:

What you will need to successfully complete this Prep:

- Plenvu Prescription - Sent to your pharmacy, please pick up within 1 week.
- Simethicone 180mg Soft-Gel Tablets - Over The Counter
 - Examples: Gas-X, Phazyme, Mylicon

DAY BEFORE YOUR PROCEDURE:

- Follow a clear liquid diet all day. DO NOT have any alcohol, dairy products, solids and nothing with red or purple dyes. It's very important to drink plenty of clear liquids throughout the entire day.
 - Clear Liquid Suggestions:
 - Popsicles (not red or purple)
 - Clear broth or boullion
 - Black coffee and/or tea (no cream, milk or non-dairy creamer)
 - Clear juice with no pulp (apple, white grape, and lemonade) Do Not have Orange Juice
 - Jell-O (lemon, lime or orange flavor)
 - Gatorade and/or Powerade (clear, green or yellow)
 - Soda (Sprite, Ginger Ale, 7-Up, or Cola)
1. 4:00pm, take 2 Simethicone Soft-Gel Tablets and then begin your prep.
 2. Empty Dose 1 (*Mango*) pouch into the disposable container and add 16 ounces of water to the line on the container. Mix/Shake until powder is dissolved.
 3. Drink solution within 30 minutes and follow by at least 16oz of clear liquids.
 4. Continue clear liquids the remainder of the *evening*.

THE DAY OF YOUR PROCEDURE:

1. 6 hours prior to your arrival time, take 2 Simethicone Soft-Gel Tablets and then begin the second part of your prep.
2. Empty Dose 2 (Fruit Punch) pouch A and pouch B into the same disposable container. Add 16 oz of water to the line on the container. Mix/Shake until powder is dissolved.
3. Drink solution within 45 minutes. Follow by at least 16 ounces of clear liquid.
4. Continue clear liquids until 4 hours prior to arrival time.

4 hours prior to arrival time, do not have anything by mouth.