

Plenvu Instructions

Warning: Prior to starting Prep, please be aware of strict diet instructions. It is required to begin a low fiber diet 2-3 days prior to your procedure. A liquid diet is REQUIRED a day before the procedure, NO solid foods to be consumed. No food or drink after midnight the night before procedure. Failure to comply with diet will result in rescheduling your procedure.

DOSE 1—Start first dose the day prior to your colonoscopy beginning at 6:00 p.m.

STEP 1: Use the mixing container to mix the contents of the Dose 1 pouch with 16 ounces of water. Stir or shake until completely dissolved. Drink the entire contents within the next 30 minutes.

STEP 2: Refill your mixing container with 16 ounces of clear liquid and drink within the next 30 -60 minutes.

- If you experience nausea - slow down your prep intake and walk around until nausea is relieved.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT – WITH EXCEPTION OF YOUR PRESCRIBED PREP!

DOSE 2—Start 2nd dose the day of your Colonoscopy, 6 hours prior to your procedure arrival time.

STEP 1: Use the mixing container to mix the contents of the Dose 2 (Pouch A and Pouch B) with 16 ounces of water and stir or shake until completely dissolved. Drink the entire contents within the next 30 minutes.

STEP 2: Refill your mixing container with 16 ounces of clear liquid and drink within 30 minutes.

Day of Procedure:

Medications: Continue taking medications for heart, blood pressure medication, asthma, and seizure. Take only a small sip of water, no later than 2 hours prior to your procedure.

If you have any questions, please call: 214-496-1100

Approved Foods to Eat on Day 2 and Day 3 Prior to Your Procedure:

- Chicken, turkey, lamb, lean pork, fish, eggs
- Breads and grains made with refined white flour
- White rice
- Plain crackers like Ritz or Saltines
- Sour Cream, yogurt, cheese, cottage cheese, milk
- Tea and black coffee without cream or milk
- Flavored Water without dye
- Clear light-colored juices such as apple or white grape
- Clear broth- chicken, beef, vegetable
- Clear Soda such as Sprite or Fresca.
- Sports Drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream, none that are red, blue, or purple
- Jell-O, none that have fruit chunks, none that red, blue or purple

Approved Foods to Eat Day Before Your Procedure:

- Water
- Tea and black coffee without cream or milk
- Flavored Water without dye
- Clear light-colored juices such as apple or white grape
- Clear broth- chicken, beef, vegetable
- Clear Soda such as Sprite or Fresca.
- Sports Drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream, none that are red, blue, or purple
- Jell-O, none that have fruit chunks, none that red, blue or purple



Avoid These Foods 3 days prior to your procedure:

- NO Nuts
- NO Seeds
- NO Granola
- NO Fruit with seeds
- NO Dried Fruit
- NO Raw fruit with skin membranes (includes berries, pineapples, oranges, watermelon)
- NO Brown or wild rice
- NO Whole grain bread, rolls, pasta, or crackers
- NO Bread or cereal with nuts or seeds
- NO Beans
- NO Potatoes with skin
- NO Cucumbers or pickles
- NO Cabbage or Brussel sprouts
- NO Green Peas, Squash, Onions, Corn, Tomatoes
- NO Soup that's not broth
- NO Popcorn
- NO Juice with pulp
- NO Baked goods with whole grain flour or nuts
- NO food or drink with dye that is in blue, red, or purple color

Avoid These Foods 24 hours prior to your procedure:

- NO food or drinks with dye that is Red, Blue, or Purple.
- NO Alcoholic beverages
- NO Milk products or smoothies
- NO Juices with pulp
- NO Soup
- NO SOLID FOOD, LIQUID DIET ONLY