

PLENVU Prep

5 - 7 DAYS BEFORE THE PROCEDURE - Have your prescription filled. Please follow the prep instructions listed below, not the instructions on the prep box.

5 DAYS BEFORE THE PROCEDURE - If you routinely have less than 2 bowel movements per week then you will also need to purchase an 8.3oz bottle of Miralax. Begin taking a dose of Miralax twice a day **5 days prior** to your procedure. Take the last dose of Miralax in the morning **the day before** your procedure.

3 DAYS BEFORE THE PROCEDURE - AVOID raw fruits and vegetables, whole wheat/multigrain products, beans, popcorn, nuts and seeds.

THE DAY BEFORE THE PROCEDURE - You may only have clear liquids the entire day such as water, coffee, tea, broth, sodas, apple juice, Gatorade, Kool-aid, Jell-O, popsicles and hard candy. You may not have any solid food. It is important to drink extra clear liquids before your prep to maintain adequate hydration. **Do not drink liquids that are not clear such as milk. Do not drink liquids that are red or purple in color.**

THE DAY BEFORE THE PROCEDURE - START YOUR PREP - see below for start times

If your appointment arrival time is before 9:00 AM please take your first dose of prep between 3-6pm

If your appointment arrival time is after 9:00AM please take your first does of the prep between 6-8pm

STEP 1:

- Use the mixing container to mix the contents of the Dose 1 pouch with 16 ounces of water and stir/shake until completely dissolved. This may take up to 2-3 minutes. The prep may be mixed up to 6 hours prior to your prep start time if refrigerated. Drink the entire contents within the next 30 minutes. A straw may help.

STEP 2:

- Refill your mixing container with 16 ounces of clear liquid and drink within the next 30 minutes.
- Make a conscious effort to drink as much clear liquids as you can before, during and after the preparation.**
- If you experience nausea - slow down your prep intake and walk around until nausea is relieved.
- Use baby wipes and/or Balneol cleansing cream or lotion during the prep to reduce irritation.



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THE DAY OF THE PROCEDURE – 3 HOURS BEFORE YOU LEAVE HOME FOR YOUR APPOINTMENT

STEP 1:

- Use the mixing container to mix the contents of the Dose 2 (Pouch A and Pouch B) with 16 ounces or more of water and stir/shake until completely dissolved. This may take up to 2-3 minutes. Drink the entire contents within the next 30 minutes. A straw may help.

STEP 2:

- Refill your mixing container with 16 ounces of clear liquid and drink within the next 30 minutes. You may continue to drink clear liquids at your own pace until 3 hours before your appointment time.
- You may take your prescription medications (except those listed in the booklet) with water up to 3 hours before your appointment arrival time.
- Do not use smokeless tobacco on the day of your procedure. **Starting 3 hours before your appointment arrival time absolutely nothing by mouth**, including gum, hard candy, and breathe mints.



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Please call us at 901-747-3630 if you have any questions or if you are having difficulty with the preparation. We are available 24 hours a day, 7 days a week.