

PLENVU PREPARATION

You will need a prescription for this preparation.

GENERAL INSTRUCTIONS

Supplies Needed:

- PLENVU Prepackaged kit from your pharmacy
- 2 Dulcolax or Bisacodyl laxative tablets
- Tush wipes

All preparation work best when you take them as a split-dose. This means you take the first dose in the evening before the procedure and the second dose the day of the procedure.

A thorough colon cleansing before the procedure is key to its success. It is very important to drink all of the preparation solution and follow the instructions.

Colon-cleansing preparations cause frequent, liquid stools. You may have your first bowel movement about one hour after you start to drink the solution. You may continue to pass liquid stools up to two hours after you finish the solution.

If you find it hard to tolerate the taste of the solution, these tips may help:

- Refrigerate the solution and drink it cold. Do not add ice or flavorings.
- Suck on ice or a lemon or lime wedge.
- Chew gum right before you drink each glass of solution.
- Drink the solution through a straw.

Side effects from the solution may include bloating, stomach cramps, nausea and vomiting. You may also have chills, headache and irritation of your rectal area.

If you develop side effects, drink the solution more slowly until your symptoms improve.

Use Rectal Tush wipes to help with rectal irritation from bowel movements.

3 DAYS PRIOR TO PROCEDURE

Do not eat foods high in fiber. Examples are whole grain breads and cereals, fruits, nuts, seeds, quinoa, popcorn and cooked or raw vegetables.

Do not take any fiber or Iron supplements.

Hydration is important and part of the colon cleansing process. Make sure to keep yourself well hydrated before you take the solution, while you're taking the solution, and after the solution.



1 DAY PRIOR TO PROCEDURE

You may have a light breakfast (Eggs, toast, PB&J, pancake, or waffle) and light lunch (sandwich or burger). **No foods high in fiber.** Avoid whole grain breads, cereals, fruits, nuts, quinoa, popcorn, and cooked or raw vegetables.

At 12:00 PM Take two 5-milligram bisacodyl tablets. Swallow tablets whole with 8 oz. glass of water.

Starting 2:00 PM Drink only clear liquids. Clear liquids include water, clear fat-free broth, gelatin, and clear fruit juice such as apple or white grape. You may also have ice pops without pulp, carbonated beverages, sports drinks, tea and coffee.

Do not eat or drink any red-colored beverages or gelatins.

Do not eat or drink any dairy products, like milk, yogurt, cheese, ice cream, cream or milk in coffee or tea.

Between 8:00 AM and 3:00 PM Drink at least 4 glasses (8oz.) of water.

SPLIT DOSE:

- **Take PLENVU Dose 1: 4:00 PM the day before the procedure**

Empty Dose 1 pouch in the mixing container and add 16 ounces of water. Dissolve solution completely by shaking or using a spoon. This may take up to 2-3 minutes. Drink entire contents of mixing container over 30 minutes. No solid foods after starting the solution, only clear liquids.

- **DAY OF PROCEDURE**

Take PLENVU Dose 2: 4:00 AM the day of procedure.

Empty Dose 2 pouch A and B in the mixing container and add 16 Ounces of water. Dissolve solution completely by shaking or using a spoon. This may take up to 2-3 minutes. Drink entire contents of mixing container over 30 minutes.

2 hours before procedure STOP drinking all liquids.

If your stool is not yellow to clear, please call the office the morning of your appointment.