

Plenvu Instructions

Location of Procedure: LeBauer Endoscopy Center (4th Floor)
520 North Elam Avenue
Greensboro, NC 27403

Check in at the receptionist's desk on the 4th floor before having a seat in the main lobby.

PLEASE ARRIVE ONE HOUR BEFORE YOUR SCHEDULED APPOINTMENT TIME

Please contact our office if you have any changes to your medical history (heart attack, stroke, etc.) or if you start any new medications after your visit especially blood thinners or any new weight loss medications

PREPARATION FOR COLONOSCOPY WITH PLENVU

Please pick up your prep from the pharmacy as soon as possible to ensure it is available.

STARTING FIVE DAYS BEFORE YOUR PROCEDURE:

STOP eating nuts, seeds, popcorn, corn, beans, peas, salads, or any raw vegetables. Do not take any fiber supplements (e.g., Metamucil, Citrucel, and Benefiber) or IRON supplements.

THE DAY BEFORE PROCEDURE:

1. Drink clear liquids the entire day - **NO SOLID FOODS**
2. Do not drink anything colored red or purple. Avoid juices with pulp. No orange juice, grapefruit, or tomato juice. No milk products. Avoid alcohol.
3. Drink an 8-10 oz glass of clear liquids every hour during the day to prevent dehydration and help the prep work efficiently.

Clear liquids include: **NO RED & NO PURPLE**

Water	Jell-O: orange, green, blue, yellow
Ice	Popsicles-Orange or Banana
Tea (sugar ok, no milk/cream)	Powdered fruit flavored drinks
Coffee (sugar ok, no milk/cream)	Gatorade/Pedialyte

Juice: apple, white grape, white cranberry	Lemonade, Kool-Aid
Clear bullion, broth (vegetable, chicken, beef)	Carbonated beverages (any kind)
Strained chicken noodle soup broth (no noodles or chicken)	Hard Candy

FOLLOW THESE PREP INSTRUCTIONS, NOT INSTRUCTIONS ON PLENVU BOX. IT IS IMPERATIVE THAT YOU DRINK THE MANGO PACKET THE EVENING BEFORE YOUR PROCEDURE AND THE FRUIT PUNCH PACKET THE DAY OF YOUR PROCEDURE. PLENVU SHOULD BE CONSUMED WITHIN 6 HOURS OF MIXING IT.

THE DAY BEFORE THE PROCEDURE: At 6:00 pm COMPLETE STEPS 1 THROUGH 5 BELOW:

- Step 1: Pour Dose 1 - Mango flavor packet into the provided mixing container.**
Step 2: Add 16 oz. of cool water to the container.
Step 3: Either replace lid and shake container or stir contents until completely dissolved.
This may take 2-3 minutes.
Step 4: Drink the entire 16 ounces of prep over a 30 minute period.
Step 5: Drink an additional 16 oz container of water over 30 minutes.

Continue to drink clear liquids until bedtime.

THE DAY OF PROCEDURE:

STAY ON CLEAR LIQUIDS, NO SOLID FOOD

Beginning 5 hours before the procedure: COMPLETE STEPS 1 THROUGH 5 BELOW:

- Step 1: Pour Dose 2 - Packet A and B - Fruit punch flavor packets into the provided mixing container.**
Step 2: Add 16 oz. of cool water to the container.
Step 3: Either replace lid and shake container or stir contents until completely dissolved.
This may take 2-3 minutes.
Step 4: Drink the entire 16 ounces of prep over a 30 minute period.
Step 5: Drink an additional 16 oz container of water over 30 minutes.

You may drink clear liquids until 3 hours before procedure.

Stop drinking ALL LIQUIDS (including water, gum, candy, or medicines) 3 hours before procedure

*Drinking liquids of any kind in any amount **WITHIN 3 HOURS** of your scheduled procedure, or eating **ANY SOLID FOODS** the day of your procedure, will result in cancellation of your procedure.*

MEDICATION INSTRUCTIONS

Unless otherwise instructed, you should take regular prescription medications with a small sip of water as early as possible the morning of your procedure. You may continue taking your Aspirin.

Hold all NSAIDS to include Meloxicam, Ibuprofen, Aleve, Diclofenac, etc 7 days prior to the colonoscopy- you may take Tylenol

Take allowed medicines by ***

Diabetic patients - ***

Stop taking * (blood thinner) *** days before procedure-last dose on ***.**
