



Digestive Health Associates

PLENVU BOWEL PREP KIT

One week before your procedure:

Stop all blood thinners prior to your procedure as recommended by the Primary Care Physician or Cardiologist. Please inform our office if you have any Artificial Valves or history of Endocarditic Rheumatic Fever.

Day before your procedure:

1. **If you are Diabetic:** contact your endocrinologist or primary care doctor who manages your diabetes to get instructions.
2. Starting at 6:00 A.M. start a clear liquid diet. Examples are water, apple juice, coke, black coffee, tea, sprite, ginger ale, and clear chicken broth or beef broth. Green or yellow popsicles or jello are permitted.
DO NOT have any liquids with red, orange, purple or pink dye in them. No dairy products.

At 12:00P.M., take 4 Dulcolax (5mg) tablets all at one time. OTC

3. At 6:00 P.M. you will drink DOSE 1 of your PLENVU bowel prep as directed below:
 - a. Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it is completely dissolved. This may take up to 2 to 3 minutes. Take your time—slowly finish the dose within 30 minutes.
 - b. Refill the container with at least 16 ounces of clear liquid. Again, slowly finish all of it within 30 minutes

Nothing to drink after midnight with the exception of the remaining second half of your PLENVU

Day of your procedure:

1. Take DOSE 2 of PLENVU bowel prep at _____ A. M. (5-6 hours prior to procedure to your procedure check in time)
 - a. Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time—slowly finish the dose within 30 minutes.
 - b. Refill the container with at least 16 ounces of clear liquid. Again, slowly finish all of it within 30 minutes.
2. Do not take any medications unless otherwise instructed.
3. Someone must bring you home. Taxis, Ubers, and Metro Lift are not permitted.
4. Do not bring any valuables.

You must give 3 business days' notice to reschedule or cancel your procedure or a \$150 fee will be charged to the patient.

Date of Procedure: _____ **Check in time:** _____