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GASTROENTEROLOGY
ASSOCIATES



VGA
center for
Obesity Medicine

Plenvu Prep

Use These Directions • Do Not Use Manufacturer Instructions

This is a laxative product--it works very quickly-- the average time until the first bowel movement is within 1 hour of the drinking solution, but each patient is different. FOLLOW ALL OF THE STEPS COMPLETELY or your exam may be cancelled.

- Fill the prescription for the laxative solution at the pharmacy of your choice.
- Purchase at least one 20oz bottle of Gatorade or similar sports drink.
- 5 days before the exam: avoid nuts, seeds, corn, popcorn and skins of raw fruits and vegetables. Also stop iron supplements 5 days prior (Multivitamin with iron may be continued).

The Day Before the Exam

The day before the exam you may have **clear liquids only**.

DO NOT HAVE ANY SOLID FOOD, CREAM OR MILK PRODUCTS UNTIL AFTER THE EXAM.

What's considered a "clear liquid"?

A clear liquid is any beverage you can see through. Please avoid red- or purple-colored liquids. Sugar, sweetener, and lemon are allowed. No cream, milk, or pulpy juices (orange juice) are permitted. To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colon-prep process. We recommend that you have at least 20 oz of Gatorade during the preparation period.

Clear Liquid Examples

Fruit Juices	Popsicle	Powerade	Water	Pedialyte	Kool-aid®	Tea, iced tea
7-Up, Sprite	Bouillon	Gatorade	Coffee	Jell-O (no fruit)	Broth (beef, chicken)	Lemonade
Soda pop						

You are not permitted to have alcoholic beverages 24 hours before or after the procedure.

Stop drinking all liquids (including prep) at least 4 hours before your colonoscopy.

The Evening Before the Exam - Take dose 1 at 7:00 PM

1. 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's completely dissolved. This may take up to 2 to 3 minutes. Take your time--slowly finish the dose within 30 minutes.
2. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

Day of the Exam - Take dose 2 at _____ AM PM

1. Use the mixing container to mix the contents of Dose 2 Pouch A and Pouch B with at least 13 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.
2. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes. **This step must be completed prior to your fasting time noted below.**



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Day of Exam

Fasting Time _____ **AM PM**

Arrival Time _____ **AM PM**

Procedure Time _____ **AM PM**

Of course, you must follow a special diet to prepare for a GI procedure but, in addition to that, we ask you to completely fast four hours prior to procedure. Fasting means that you are to have nothing to eat or drink — no gum, candy, mints, chewing tobacco not even water. This is necessary due to the sedation or anesthesia that will be used during your test. While you are sedated, or sleeping, fluid from your stomach may be aspirated or move into your lungs. This can be very dangerous causing pneumonia, infection, and in rare instances, can be fatal. Fasting properly will lessen this risk and help prevent complications.

The morning of the procedure, take your heart, breathing, seizure and blood pressure medications with a few sips of water.