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Red Procedure Preparation PLENVU

Follow these instructions. **Do NOT follow the instructions on the box.**

*The prescription for your prep has been sent to your pharmacy electronically. Please pick up within a week.

- **You must be on a clear liquid diet 30 hours before your procedure (please review the clear liquid diet sheet).**
- **You must not have anything by mouth for 4 hours prior to your procedure, INCLUDING gum and hard candies.**

NOTE: Failure to properly cleanse your colon may result in a cancelled procedure.

The American College of Gastroenterologists recommends splitting the preparation for optimal visualization of the colon and detection of small polyps and cancer.

The Plenvu carton contains 3 pouches and a disposable container for mixing. There is 1 pouch labeled Dose 1 and for Dose 2, there are 2 smaller pouches labeled "A & B". You must complete the entire prep to ensure the most effective cleansing.

THE DAY BEFORE YOUR COLONOSCOPY

CLEAR LIQUID DIET

- **Between 6 - 7 PM the evening before-**Take Dose 1 (Large single pouch labeled Dose 1).
- Use the mixing container to mix the contents of the Dose 1 with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take 2-3 minutes (if preferred, you may mix the solution ahead of time and refrigerate prior to drinking).
- **TAKE YOUR TIME-SLOWLY** finish the dose within 30 minutes.
- Drink 16 oz of the clear liquid of your choice.

5 HOURS BEFORE PROCEDURE

- **5 hours before your scheduled procedure time,** take Dose 2.
- Take Dose 2 (Smaller pouch A and pouch B stuck together). Use the mixing container to mix the contents of Dose 2 (pouch A and pouch B) with at least 16 oz of water by shaking or using a spoon until it's completely dissolved. This may take 2-3 minutes.
- **TAKE YOUR TIME-SLOWLY** finish the dose within 30 minutes or may cause nausea and vomiting
- Drink 16 oz of the clear liquid of your choice.

Diarrhea may continue for several hours after you finish drinking the solution

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