

**PLENVU PREP**

**2 Days before the procedure**

- \*\*\* Avoid any **RED or Purple** dyes and **DAIRY** products
- \*\*\*Do not eat foods high in fiber. Examples: **WHOLE GRAIN BREADS, CEREALS, FRUITS, NUTS, SEEDS, QUINOA, POPCORN OR RAW VEGETABLES.**
- \*\*\*Do not take any **FIBER SUPPLEMENTS**. Examples: **METAMUCIL OR OTC FIBER POWDERS/TABLETS**, unless otherwise instructed by the physician.

**1 Day before the procedure**      Date: \_\_\_\_\_

- \*\*\* You will be on a clear liquid diet all day. See attached acceptable clear liquids.
- \*\*\* Avoid RED OR PURPLE dyes and DAIRY products.

**At 6:00 pm**

Empty dose 1 packet of Plenvu into the 16 ounce plastic container provided then add **WATER** to the **“FILL LINE”**. Mix and start drinking.

You must drink the Plenvu mixture and 1 more 16 ounce container of **ANY** clear liquid within the hours (6 pm to 7 pm)

Continue with as many clear liquids as possible so you do not become dehydrated. DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT, except for the other half of the Plenvu.

**The day of the procedure**      Date: \_\_\_\_\_

At \_\_\_\_\_ you will empty **BOTH A & B Dose packets** into the 16 ounce plastic container provide and add **WATER** to the **“FILL LINE”**. Mix and start drinking.

You must drink the Plenvu mixture and 1 more 16 ounce container of **WATER** only within the hour.

**ABSOLUTELY NOTHING TO EAT OR DRINK AFTER \_\_\_\_\_ INCLUDING GUM AND WATER**

The office will contact you after your procedure if a follow up appointment is needed.  
Please contact the office at 419 663 – 8061 with any questions.