

Gastro Health – Woodbridge Route 1

14904 Richmond Hwy., Suite 103, Woodbridge, VA 22191 • 703-497-4222 • GastroHealth.com/Woodbridge-Route-1

PLENVU

Please get your prescription filled at the pharmacy at least one week prior to your colonoscopy.

2 DAYS PRIOR

Please avoid fruits with seeds and vegetables. For example: beans, corn, zucchini, squash, broccoli, and celery.

DAY BEFORE TEST

Start a clear liquid diet after a light breakfast such as eggs and toast the day before your exam (DO NOT CONSUME ANY DAIRY PRODUCTS, SEEDS, NUTS OR GRANOLA).

CLEAR LIQUID DIET LIST

Soft drinks (orange, ginger ale, cola, sprite, 7-up, Gatorade, Kool Aid-avoid red colors)

Strained fruit juices, NO PULP

Water, tea, coffee (no milk or non-dairy creamer, you may use sugar or honey)

Low sodium chicken or beef bouillon or broth

Hard candies, Jell-O or Popsicles (avoid red colors), lemon and coconut sorbet, Italian ice (lemon)

First Dose:

At 5:30PM the day before the test follow the steps below:

1. Use the PLENVU mixing container to mix the contents of the Dose 1 Pouch with at least 16 ounces of cool water by shaking or using a spoon until it's completely dissolved.
2. Begin taking PLENVU Dose 1. Slowly finish the dose within 30 minutes.
3. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT EXCEPT FOR YOUR SECOND DOSE OF PREP

Second Dose:

At 11PM begin taking your second dose of PLENVU

1. Use the PLENVU mixing container to mix the contents of the Dose 2 (Pouch A and B) with at least 16 ounces of water by shaking or using spoon until it's dissolved.
2. Repeat steps 2-3 above with second dose of PLENVU

DAY OF TEST

You may take your regular medication with a sip of water as long as it is 6 hours prior to your scheduled colonoscopy time.

Appointment Date: _____

Location: _____

****NOTHING TO EAT OR DRINK 6 HOURS PRIOR TO YOUR PROCEDURE****

(THIS INCLUDES WATER)

YOU MUST HAVE SOMEONE DRIVE YOU HOME FROM PROCEDURE! NO TAXI/UBER!

****There is a \$200 fee if 3-business days are not provided when rescheduling or cancelling procedures****

(This is not payable by your insurance)