



Riverdale Gastroenterology & Liver Diseases

www.riverdalegastro.com

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PLENVU SPLIT DOSE INSTRUCTIONS

General Procedure Information

*Please read these instructions two weeks before
your procedure*

- Failure to follow these instructions may cause your procedure to be delayed or cancelled.

Arrange to have an escort who can take you home after the test.

Laxative Prep Method

*Follow these instructions. **Do NOT follow instruction on or inside the box of your prep kit.**

For PLENVU Prep Split Dose you will need to Purchase:

PLENVU-Prep Kit (prescription required) This will be sent to the pharmacy.

Clear liquid beverages/products (NO Red or Purple)

General Instructions

1 week before procedure

-Stop taking NSAIDS such as Aleve, Motrin,

Naprosyn, ibuprofen, etc. You may take Tylenol

(acetaminophen)

-Stop taking blood thinners as instructed by your doctor.

-Stop multi-vitamins, Vitamin E, Iron and Fish oil supplements.

5 Days before your procedure

- Purchase supplies listed above.

- Read through these instructions

**If you have Diabetes, please ask for, read and follow the special instructions for patients with Diabetes*

Day before Procedure

DIET INSTRUCTIONS

You may only have CLEAR LIQUIDS the entire day before your procedure. **NO SOLID FOODS** should be eaten during the entire day.

Example of CLEAR LIQUIDS strained fruit juices (apple, white grape, white cranberry), Limeade, Lemonade, Coffee/Tea (No Creamer including non-diary creamers), clear broth or bouillon, gelatin desserts without added fruit or whipped topping. AVOID RED and PURPLE liquids, including food dye. AVOID MILK and ALCOHOLIC beverages.

PLENVU PREP INSTRUCTIONS

-**5 pm**: Use the mixing container to mix contents of the Dose 1 pouch with at least 16 oz 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. Drink **ALL** of the solution.

-Refill the container with at least 16 oz of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

-Continue to drink clear liquids until bedtime. ***The more hydrated you are, the better the prep results.**

Day of Procedure

PLENVU PREP INSTRUCTIONS

- **4 hours before the time of the procedure**: 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 is completely dissolved. This may take up to 2 to 3 minutes. Take your time- slowly finish the dose within 30 minutes. Drink **ALL** of the solution.

-**Immediately** refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

- **Put nothing else in your mouth** except a small sip of water with your morning medications. DO NOT TAKE DIABETES MEDICATIONS ON THE MORNING OF THE TEST. BRING THEM WITH YOU TO TAKE AFTER THE TEST.

- **You must have NOTHING in your mouth STARTING 2 hours prior to your procedure.** *This means NO water, ice chips, gum, candy, cough drops, etc.*

***Any contents in your stomach could come up, getting into your lungs while under anesthesia.

GENERAL INSTRUCTIONS

- You may brush your teeth and gargle prior to your test.

- DO NOT wear body LOTION or body JEWELRY. Please remove all piercings (tongue, cheek, nose rings, etc.) prior to your arrival.

- Someone must be available to escort you from the facility after the procedure. You may not drive yourself after the exam. If you have not arranged for an escort to go home with you, your procedure CANNOT **be** performed.