

# PLENVU (THE SHORT STORY)

## ONE WEEK BEFORE THE PROCEDURE

---

- Arrange for a DRIVER.
- Stop taking IRON, CHARCOAL, and PEPTO BISMOL.
- If you take BLOOD THINNERS, contact your prescribing doctor for instructions on dosing management.
- Go to the pharmacy and grocery store to pick up:
  - Preparation solution
  - Clear liquids and low residue foods for the days before the procedure
  - Baby wipes with aloe and/or diaper rash cream

## THREE DAYS BEFORE THE PROCEDURE

---

- Stop eating any high residue foods (ex. popcorn, seeds, nuts, raw fruits and vegetables) — nothing that can crunch in your mouth!

## DAY BEFORE THE PROCEDURE

---

- BREAKFAST AND LUNCH = you may have white food with close to zero fiber (ex. cheese, egg, vanilla yogurt, white bread, chicken) before 2 p.m..
- DINNER = you may have clear liquids only (ex. broth, jello, juice, soda, popsicles) after 2 p.m.. No red or purple liquids!
- 6:00 P.M.
  - Empty the contents of Dose 1 into the mixing container that comes with Plenvu.
  - Add water to the fill line on the mixing container (at least 16 oz.).
  - Thoroughly mix with a spoon or shake with the lid on securely until completely dissolved (which may take 2 to 3 minutes).
  - Drink the entire solution over the next 30 minutes.
  - Refill the mixing container to the fill line (at least 16 oz.) with clear liquids and drink over the next 30 minutes.
  - Continue to consume additional clear liquids throughout the evening (at least 16 oz. more).

## MORNING OF YOUR PROCEDURE

---

- 4 hours before you plan on leaving for your procedure:
  - Empty the contents of Dose 2 Pouch A and Dose 2 Pouch B into the mixing container that comes with Plenvu.
  - Add water to the fill line on the mixing container (at least 16 oz.).
  - Thoroughly mix with a spoon or shake with the lid on securely until completely dissolved (which may take 2 to 3 minutes).
  - Drink the entire solution over the next 30 minutes.
  - Refill the mixing container to the fill line (at least 16 oz.) with clear liquids and drink over the next 30 minutes.
  - Continue to consume additional clear liquids within the next 2 hours (at least 8 oz. more).
    - You MUST FINISH the final glass of clear liquid AT LEAST THREE HOURS BEFORE YOUR PROCEDURE!
- 3 hours before your scheduled procedure time:
  - Absolutely nothing more to eat or drink!
- If you take medications for HIGH BLOOD PRESSURE, IRREGULAR HEART BEAT, SEIZURES, ASTHMA, THYROID, or PREDNISONE:
  - Please take your medication with a sip of water the morning of your procedure.
- 40 minutes before your scheduled procedure time:
  - Check in at **40 Skokie Boulevard in Northbrook, Suite 110.**

IF YOU HAVE ANY FURTHER QUESTIONS  
OR NEED MORE DETAILS, PLEASE REFERENCE  
THE "LONG STORY".



**COMPREHENSIVE**  
GASTROINTESTINAL HEALTH