

# PLENVU (THE SHORT STORY)

## ONE WEEK BEFORE THE PROCEDURE

- Arrange transportation for your procedure from an **ADULT DRIVER THAT YOU KNOW**. This cannot be a taxi or rideshare.
- 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
- If you use **WEIGHT LOSS or DIABETES MEDICATIONS called GLP-1 AGONISTS (including Ozempic, Wegovy, Mounjaro, and Zepbound)**, please read the **LONG STORY** carefully on how the medications will need to be adjusted. In brief, daily dosed medications will need to be skipped on the day of the procedure and weekly dosed medications will need to be skipped for at least 7 days before the procedure.

## 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** or **950 Technology Way, Suite 250 in Libertyville.**

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



**COMPREHENSIVE**  
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