

Plenvu Colonoscopy Prep Procedure Before Noon

Bowel Preparation Instructions

The day before your colonoscopy, diet is to consist of CLEAR LIQUIDS ONLY (no solid food).

- Do not consume liquids that are red or purple in color. Do not consume milk products or juices with pulp. Clear liquids include water, black coffee, tea, apple juice, white grape or cranberry juice, lemonade, sports drinks (Gatorade, PowerAde, etc.), clear beef, chicken or vegetable broth, Jell-O, popsicles, frozen sorbet, or Italian ice. Alcoholic beverages are not permitted.
- **The day before your procedure, at 8:00AM:**
 - Prepare the prep solution according to the package instructions included in your prep kit.
 - The Plenvu bowel prep solution can be refrigerated and must be consumed within 24 hours of being mixed.
- **The evening before your procedure, at 7:00PM:**
 - Consume the first sixteen (16) ounce cup of Plenvu prep solution over 30 minutes. This should be followed by one (1) 16-ounce cup of clear liquid.
- **The evening before your procedure, at 9:00PM:**
 - Consume the second sixteen (16) ounce cup of Plenvu prep solution over 30 minutes. This should be followed by one (1) 16-ounce cup of clear liquid.
- After midnight, consume nothing further by mouth except a sip of water for necessary medications.

Contact the on-call Gastroenterologist at 941-262-0400 if any problems arise during the bowel preparation process.

Prep Guide

	Dark and murky
	Brown and murky
	Dark orange and semi-clear
	Light orange and mostly clear
	Yellow and clear

