

Plenvu Prep Instructions

What you will need:

- 4 Simethicone (Gas-X) 160mg or 180mg tablets/soft gets (this can be purchased over the counter)
- Your filled prescription of Plenvu

The day before your procedure:

- You may have the LOW FIBER BREAKFAST described on Colonoscopy Information Sheet. Finish eating by 9am.
- After breakfast, begin the clear liquid diet. Refer to the CLEAR LIQUID DIET instructions page for details and list of allowed liquids.
- At 6pm, take 2 tablets of Simethicone (Gas-X) 160mg or 180mg right before drinking your prep.
- Add packet #1 to the container that is provided and fill with water to the line. Drink entire contents of prep and water mixture within 30 minutes.
- Rinse mixing container then fill with water up to the line and drink completely within 30 minutes.
- Continue CLEAR LIQUID DIET until midnight.

After Midnight on the morning of your procedure:

- DO NOT EAT OR DRINK ANYTHING other than the prep and required water.
- Do not use any tobacco products (cigarettes, dip, vape, etc.) 6 hours prior to your arrival time.

5 hours before your procedure ARRIVAL TIME:

- Take 2 tablets of Simethicone (Gas-X) 160mg or 180mg right before drinking your prep
- Add #2 packets to the container that is provided and fill with water to the line. Drink entire mixture.
- Rinse mixing container then fill with water up to the line and drink water over the next hour.
- Nothing else to eat or drink after this container of water
- You must finish drinking the final container of water at least 3 HOURS BEFORE YOUR PROCEDURE ARRIVAL TIME.
- If you normally take medication for blood pressure, reflux (heartburn), seizures, pain, anxiety or breathing problems in the morning, take these with a sip of water just before leaving the house.