



Digestive Health  
Associates & Center of Reno

# PLENVU LOW VOLUME COLONOSCOPY PREP

**4 days before the procedure**, begin a LOW RESIDUE DIET.

- Avoid high fiber foods- no salads, raw vegetables, nuts, seeds, popcorn, beans, peas, corn, whole wheat.
- **Suggested foods:** chicken, turkey, pasta, meat, potatoes without skin, white rice, and white bread.
- \*This is NOT a strict diet or mandatory instructions RECOMMENDATIONS ONLY. (If you need further assistance, see low residue diet instructions)

## **One day Before the Procedure:**

1. **Do not eat anything solid.** Follow the **clear liquid diet** instructions.
2. Clear liquids include water, black coffee, tea, apple juice, white grape juice, soda, Jell- O, popsicles, broth, and Gatorade or other sport drinks.
  - DO NOT drink milk or use non-dairy creamer.
  - DO NOT drink anything colored red or purple.
  - DO NOT drink alcohol.

## **Before 1:00pm**

1. Mix dose 1 Plenvu pouches with at least 16 ounces of water by shaking or using a spoon until it is completely dissolved. This may take 2-3 minutes. Refrigerating the prep makes it easier to tolerate.

## **The Evening Before Procedure at 5:00pm:**

1. Drink the first dose of Plenvu. Take your time and slowly finish within 30 minutes. Stay close to a restroom.
2. Refill the container with 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes. Stay close to a restroom.



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### **The Day of the Procedure:**

1. Do not eat.
2. Mix dose 2 as before. (see above)
3. Begin drinking dose 2 at least 4 hours prior to procedure time.
3. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.
4. You may have clear liquids until 2 hours before your procedure time.
5. Do not chew gum.

### **Important:**

1. You will not be able to drive after your procedure. **You will need a driver** to drive you home afterward.
2. If you take aspirin, anti-inflammatories (Aleve, Advil, Motrin, Ibuprofen) STOP these medications 7 days prior to procedure. (Unless otherwise directed)
3. **Continue taking your prescribed medications.** Unless you are on a blood thinner and have been told to hold these medications.
4. Please notify your doctor at least one week before the procedure if you take warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.

Please call the office during regular business hours for any questions. 775-829-8855

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