



Digestive Health
Associates & Center of Reno

PLENVU (LOW VOLUME) PREP FOR COLONOSCOPY

Your prescription will be sent to your pharmacy.

Your procedure is scheduled with Dr. _____ on:

Day: M T W TH F **Date:** _____ **Check in at:** _____ AM/PM
Procedure time: _____ AM/PM

4 DAYS BEFORE YOUR PROCEDURE:

- Avoid high fiber foods- no salad, raw vegetables, nuts, seeds, popcorn, beans, peas, corn, or whole wheat.
- Recommended foods- chicken, turkey, pasta, meat, potatoes without skin, white rice, and white bread.

*See low residue diet instructions for further suggestions

DAY BEFORE YOUR PROCEDURE:

DO NOT EAT ANYTHING. Follow **clear liquid diet** instructions.

- Things you can drink: 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 creamer of any kind.
- **DO NOT** drink anything colored red or purple.
- **DO NOT** drink alcohol.

Before 1 PM – Mix Plenvu pouch (dose 1) in 16 oz of water until fully dissolved.
This may take 2-3 minutes. Chill mixture in fridge.

5 PM – Drink dose 1 of Plenvu. Finish mixture within 30 minutes then follow with 16 ounces of a clear liquid of your choice.



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DAY OF PROCEDURE:

Mix Plenvu pouch (dose 2) in 16 oz of water until fully dissolved. This may take 2-3 minutes. Chill mixture in fridge.

- **DO NOT** eat prior to procedure.
- **DO NOT** use chewing tobacco or smoke 6 hours prior to procedure.

4 HOURS PRIOR TO PROCEDURE –

Drink dose 2 of Plenvu. Finish mixture within 30 minutes then follow with 16 ounces of a clear liquid of your choice.

You may have clear liquids until 2 hours before your procedure time.

- **DO NOT** chew gum, mints, etc. 2 hours prior to procedure time.

When having a bowel movement, the bottom of the toilet should be visible.

(Liquid stool in shades of yellow, green, or orange are normal)

Important:

You are required to have a driver take you home after the procedure. Arranged transportation will be verified at check in.

Continue taking your prescribed medications. Unless the following applies to you:

- If you are taking a **blood thinner** please hold these medications as directed by our office. ***Please notify your doctor at least two weeks before the procedure if you take Warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.***
- If you are taking a GLP-1 agonist: (**Ozempic**, Byetta, Byureon, Victoza, Tanzeum, **Trulicity**, Lixumia, Rybelsus, Wegovy, Fu Laimel, **Mounjaro**, Exenatide, Liraglutide, Albiglutide, Dulaglutide, Lixisenatide, Beinaglutide, Semaglutide, PEG-loxenate, Tirzepatide see directions below.
 - Daily dose- hold on the day of procedure.
 - Weekly dose- hold for 1 week prior to procedure.

Please call our office during regular business hours with any questions. (775) 829-8855



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**Procedure Location:
5250 Kietzke Lane
Reno, NV 89511**

*Clear liquid diet, frequently asked questions, procedure tips and more can be found at
www.digestivehealthreno.com