**Plenvu Bowel Prep**

\*\*\*\*\*\*Pick up your colon prep no later than 1 week prior to your procedure. Sometimes this medication becomes out of stock and your pharmacy will need to order it.\*\*\*\*\*\*\*\*\*

***This procedure is only as good as the colon prep. Without a completely empty colon, the test will not be accurate and may need to be redone at a later date.***

**DAY BEFORE PROCEDURE- Dose 1**

* Start a clear liquid ONLY diet for the whole day prior to the procedure.(You may go to work)
* At 5 pm the day before your procedure you will start drinking your Plenvu colon prep solution. Mix Dose 1 (Mango) packet with 16oz of water and mix until dissolved then consume within 30 minutes.
* Then, you MUST drink 1 more 16-oz container of water over the next 30 minutes. This prep will start working within 1-3 hours so make sure you are close to a rest room for the rest of the evening

**PROCEDURE DAY- Dose 2**

* On the day of your colonoscopy, starting 4 hours prior to your scheduled arrival, mix pouch A and pouch B with 16 oz of water until completely dissolved then consume over the next 30 minutes.
* Then, you MUST drink one more 16-oz container of water within 30 minutes.
* Then you are to have NOTHING by mouth 3 hours prior to procedure.

**Please make sure you understand these instructions. If you have any questions please do not hesitate to call the office at *530-672-7040*, we are more than happy to help.**