



Plenvu - Plenvu comes with three powder packets and a 16oz cup

- It is important to NOT USE alcohol, marijuana, medical marijuana, narcotics, pain medications (prescribed or otherwise), and any form of illicit drugs (prescribed or otherwise) the day before and the day of the procedure
- It is important to NOT USE tobacco products the day of the procedure

*** If you do not avoid these items, then your procedure will be cancelled. ***

The day before your procedure

- No solid foods, just clear liquids
- Start the prep solution between 2:00 and 4:00 p.m.
- Pour the Dose 1 powder packet into the 16oz cup
- Add water, or any clear liquid like Gatorade, to the fill line and thoroughly mix until the contents are completely dissolved
- Drink the entire 16oz in 30 minutes
- Follow the solution with 16oz water
- Complete both the 16oz solution and 16oz water within 1 hour
- Continue to drink a gallon of clear liquids until midnight
- Do not eat or drink anything after midnight except your 2nd dose of prep 5 hours prior to your arrival – no candy, gum, mints, water, ice, etc.

The day of your procedure

- 5 hours before your arrival time:
 - Pour Dose 2 (Pouch A and Pouch B) powder packets into the 16oz cup. Add water, or any clear liquid like Gatorade, to the fill line and thoroughly mix until the contents are completely dissolved. Drink the entire 16oz in 30 minutes. Follow the solution with 16oz water.
 - Take 2 Gas X tablets by mouth.
 - Finish both the 16oz solution and 16oz water within an hour. This is also the time to take any medications your physician has directed you to take the morning of the procedure.
 - Do not eat or drink anything after this time – no medication, coffee, candy, gum, mints, water, ice, etc.
- If you use inhalers, take your usual morning dose and bring the inhalers with you.
- Bring the completed health questionnaire including medications, picture ID, and insurance cards.
- Bring a copy of your living will, if you have one.
- Bring reading glasses if you need them.
- Take a shower the morning of the procedure. You may wear deodorant. Do not apply lotion or powder to your chest area. Bring a pair of warm socks for your feet.
- You must have a responsible adult over 18 years to drive you home after your procedure.
- When you arrive at Seaside Endoscopy Pavilion, please call (302) 644-3852 from your car to let the center know you have arrived.
- Please ask your driver to remain within 10 minutes of the facility while you are in the center, to return to the facility's parking lot within 1 hour of your entering the center, and to be prepared to answer a phone call when you are finished with your procedure.