SHORE GASTROENTEROLOGY ASSOCIATES
A Division of Allied Digestive Health, LLC

OCEAN SURGICAL PAVILION

Colonoscopy Prep Instructions – Plenvu AM (arrivals 6:30am - 11:30am)

Please follow the General Colonoscopy instructions along with your prep instructions.

Begin your first dosing regimen: 6PM the day before your procedure.

Use the mixing container to mix the contents of the Dose 1 pouch with at least 16oz of water by shaking or stirring until it's completely dissolved. This may take up to 2-3 minutes. Take your time and slowly finish the dose within 30 minutes.

Refill the container with at least 16oz of clear liquid. Take your time and slowly finish all of it within 30 minutes.

Continue to drink 8oz of liquid every hour until bedtime.

Begin your second dosing regimen: 5 hours prior to procedure.

Use the mixing container to mix the contents of the Dose 2 (Pouch A and Pouch B) with at least 16oz of water by shaking or stirring until it's completely dissolved. This may take up to 2-3 minutes. Take your time and slowly finish the dose within 30 minutes.

Refill the container with at least 16oz of clear liquid. Take your time and slowly finish all of it within 30 minutes.

All fluids **must be stopped** 2 hours prior to your arrival at our facility or your procedure may be cancelled.