

**DO NOT FOLLOW BOX INSTRUCTIONS!!!!**  
**FOLLOW THIS PAGE ONLY!!!!**

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

Please follow the General Colonoscopy instructions along with your prep instructions. Additionally your doctor may have prescribed **anti-nausea medication**. Please pick up from your pharmacy and take prior to each prep dose.

**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 30-45 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.**