

# Northwest Gastroenterology Specialists

## PLENVU Instructions

Thank you for choosing us to assist you with your medical care. Call us at 303.269.2085 with any questions or concerns.

**Please do not eat ANY solid foods on the day prior to your procedure or the morning of your procedure. NO fluid intake within 2 hours of your arrival time at the hospital.**

### Colonoscopy Preparation:

#### **PLENVU Is Being Given To You:**

Follow The Directions As Indicated Below Between 2 and 4 p.m. For Dose 1:

##### **STEP 1:**

- Empty Dose 1 into mixing container, fill to the line with water (at least 16 fluid ounces and mix with a spoon or put lid on mixing container securely and shake until completely dissolved.

##### **STEP 2:**

- Drink the entire contents of the mixing container over 30 Minutes. Take your time – slowly finish the dose.

##### **STEP 3:**

- **IMPORTANT:** Rinse the mixing container and refill to the line with water (at least 16 fluid ounces) and drink entire content of mixing container over 30 minutes. When complete, rinse out mixing container.

Morning Of Your Procedure At Least 12 Hours After First Dose Of The Prep At \_\_\_\_\_, Follow Below For Steps To Dose 2 Of The Plenvu.

##### **STEP 1:**

- Empty Dose 2 Pouch A and Pouch B into mixing container, fill to the line with water (at least 16 fluid ounces) and mix with a spoon or put lid on mixing container securely and shake until completely dissolved.

##### **STEP 2:**

- Drink the entire contents of the mixing container over 30 Minutes. Take your time – slowly finish the dose.

##### **STEP 3:**

- **IMPORTANT:** Rinse the mixing container and refill to the line with water (at least 16 fluid ounces) and drink entire content of mixing container over 30 minutes. Repeat with at least another 16 ounces of water to make a total of 32 ounces.

**Please be sure to follow the instructions provided to you from the office that accompanies the sample of PLENVU.**

**Once you've completed the PLENVU, you should have clear bowel movements the morning of your procedure. (Yellow is acceptable.)**

**If you're bowel movements are not clear drink 1 bottle of green or clear Magnesium Citrate, 10oz bottle. (Purchased over the counter at your pharmacy.)**

**You must pre-register by calling 303.673.1233, once the procedure is scheduled. (This will speed up your check in time, the morning of your procedure.)**

Centura Health Physician Group



**Northwest Gastroenterology Specialists**

80 Health Park Dr. Suite 270

Louisville, CO 80027

Phone: 303.269.2085 | Fax: 303.269.2089

**\*Arrive 60 minutes prior to your procedure time, at the front entrance of the Avista Adventist Hospital.**

**Avista Adventist Hospital**

100 Health Park Drive  
Louisville, Colorado 80027

**Report to the patient check-in desk.**

(Left of the ER entrance)

**Your procedure is scheduled for:**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Check-in: \_\_\_\_\_ a.m./p.m.

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