

**AT LEAST A WEEK BEFORE YOUR PROCEDURE:** Check with your prescribing doctor to make sure it is safe to hold prescription blood thinners. Please get permission to stop these prior to your procedure.

**4 days prior** Coumadin®, Warfarin, Plavix®, Aggrenox®

**2 days prior** Eliquis®, Effient®, Pradaxa®, Xarelto®, Savaysa®

**THE DAY PRIOR TO YOUR PROCEDURE.**

**You must follow a clear liquid diet all day. LIQUIDS ALLOWED:** Water, black coffee, apple and white grape juice, soda, tea, Kool Aid, sports drinks, lemon or lime Jell-O, chicken or beef broth, and popsicles.

**NOT ALLOWED:** Solid food, milk, alcohol, or anything RED, ORANGE OR PURPLE.

The day before:

**PLENVU DOSE 1**  
**4:00pm**  
DOSE 1



**MANGO FLAVOR**  
Note: actual solution is clear

**TAKE DOSE 1**

**STEP 1**

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

**STEP 2**

Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

**WAIT AT LEAST**  
**2 HOURS**  
**FROM THE START**  
**OF DOSE 1**

**PLENVU DOSE 2**  
**7:00pm**  
DOSE 2



**FRUIT PUNCH FLAVOR**  
Note: actual solution is clear

**TAKE DOSE 2**

**STEP 3**

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

**STEP 4**

Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

**HELPFUL TIP:** PLENVU® can be refrigerated. Use within 6 hours after it's mixed with water

See our video at <https://bowelprepguide.com/how-to-use-your-bowel-cleansing-agents-video/>