



HOUSTON SURGICAL ASSOCIATES

Dr. McBride - Dr. Harrington - Dr. Rodgers - Dr. Couch - Dr. Watts

PLENVU BOWEL PREP

***Please read these instructions carefully before starting this preparation.

- CLEAR LIQUID DIET ALL DAY:** Begin the morning of _____, only drink liquids today. Do not consume solid foods. Do not consume red, orange, blue or purple liquids (i.e. red or orange Jell-O, tomato juice, etc.) Do not drink anything that contains seeds or pulp.

EXAMPLES OF CLEAR LIQUIDS:

- BEVERAGES: Water, lemon-lime or clear sports drinks (Gatorade, PowerAde, etc.) flavored waters, Sprite, ginger Ale
- DESSERTS: lemon and lime Jell-O, popsicles, fruit ices
- JUICES: All strained clear juice (apple, lemonade, white grape)
- SOUPS: Clear broths (chicken or vegetable; beef may contain red food dyes)

▶▶▶ **REMEMBER NOTHING RED, ORANGE, BLUE OR PURPLE** ◀◀◀

2. AT 4:00PM

- Empty the contents of Dose 1 into the mixing container that comes with PLENVU
- Add water to the fill line on container (this will be 16oz) and mix until contents are dissolved
- Drink entire contents of mixing container over the next 30 minutes. Be sure to drink all the solution
- Rinse mixing container with water. Refill to the fill line with clear liquids (this will be 16oz). Drink the ENITRE contents over the next 30 minutes.

3. AT 8:00PM

- Empty contents of dose 2 (pouch A and B), into the mixing container at the same time.
- Add water to the fill line on container (this will be 16oz) and mix until contents are dissolved.
- Drink entire contents of the mixing container over the next 30 minutes. Be sure to drink ALL of the solution.
- Rinse mixing container with the water. Refill to the fill line with clear liquids, this will be 16oz. Drink the ENITRE contents over the next 30 minutes.

▶▶▶ **NOTHING TO EAT OR DRINK AFTER MIDNIGHT** ◀◀◀

4. Procedure is Scheduled : _____

HHC Warner Robins
478-542-7925

HHC Endoscopy
478-542-7715

Houston Ambulatory
478-329-3100

Surgery Center HHC Perry
478-218-1746

A representative will call you the day prior to your procedure to let you know what time you should arrive. If you have not received a call by 2:00 p.m. the day before your procedure, please call to obtain your procedure time.

YOUR ARRIVAL TIME IS ASSIGNED BY THE FACILITY WHERE YOU ARE HAVING YOUR PROCEDURE, PLEASE DO NOT CALL THE OFFICE (HOUSTON SURGICAL ASSOCIATES) FOR YOUR ARRIVAL TIME.

You must have someone remain at the facility during your exam, drive you home and take care of you the remainder of the day.

NOTE: If you take blood pressure or heart medication, you may take your medication, the morning of your procedure with a sip of water only. Please hold all other medications unless instructed otherwise.

****IF YOU ARE DIABETIC, PLEASE CHECK YOUR BLOOD SUGAR PRIOR TO COMING IN FOR YOUR PROCEDURE***

Your follow up appointment is _____ at _____ a.m./p.m.

Please call Houston Surgical Associates at 478-352-5900 with any questions