

## PLENVU

### BETWEEN 5-7 PM START YOUR BOWEL PREP

- ☐ **Step 1:** Pour the contents of the Dose Pouch #1 into the supplied container and mix with 16 oz. of water. Shake/Stir vigorously mixture until powder has completely dissolved. Drink all of the mixture slowly, but within 30 minutes.
- ☐ **Step 2:** Refill the container with 16 oz of CLEAR liquid and drink all of the liquid within 30 minutes.
- ☐ **Step 3:** Continue drinking clear liquids until bedtime.

### **6 HOURS PRIOR TO YOUR PROCEDURE OR AT MIDNIGHT:**

- ☐ **Step 1:** Pour the contents of the Dose Pouch #2 (Pouch A & B) into the supplied container and mix with 16 oz. of water. Shake/Stir vigorously mixture until powder has completely dissolved. Drink all of the mixture slowly, but within 30 minutes.
- ☐ **Step 2:** Refill the container with 16 oz of CLEAR liquid and drink all of the liquid within 30 minutes.
- ☐ **Step 3: DO NOT EAT OR DRINK ANYTHING FURTHER UNTIL AFTER YOUR PROCEDURE.**

PLEASE CONTACT US WITH ANY QUESTIONS OR CONCERNS