

DDA | DIGESTIVE DISEASE ASSOCIATES

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PLENVU INSTRUCTIONS

If your arrival is before 1145 am :

1. **At 5:00 pm** begin taking Dose 1 of your prep solution.
2. Add Dose 1 (1 pouch) into the mixing container that comes with your PLENVU
3. Add water to the fill line. You will need to add at least 16 ounces
4. Mix with spoon or shake with lid until PLENVU has completely dissolved
5. Drink the mixed solution within 30 minutes
6. Once you've finished the solution, rinse the container and fill again with water to the fill line (16 oz.). Finish drinking the water within 30 minutes.
7. **10:00 pm** begin taking Dose 2 of your prep solution
8. Add Dose 2 (pouch A and pouch B) into the mixing container that comes with your PLENVU
9. Add water to the fill line. You will need to add at least 16 ounces
10. Mix with spoon or shake with lid until PLENVU has completely dissolved
11. Drink the mixed solution within 30 minutes
12. Once you've finished the solution, rinse the container and fill again with water to the fill line (16 oz.). Finish drinking the water within 30 minutes.

If your arrival is after 1145 am :

1. **DAY PRIOR TO YOUR PROCEDURE repeat steps 1-6 above.**
2. **YOUR 2ND DOSE OF PLENVU IS TO BE TAKEN AT 5AM THE MORNING OF YOUR PROCEDURE**
3. Add Dose 2 (pouch A and pouch B) into the mixing container that comes with your PLENVU
4. Add water to the fill line. You will need to add at least 16 ounces
5. Mix with spoon or shake with lid until PLENVU has completely dissolved
6. Drink the mixed solution within 30 minutes
7. Once you've finished the solution, rinse the container and fill again with water to the fill line (16 oz.). Finish drinking the water within 30 minutes.