

Plenvu Bowel Preparation

General Instructions	
2 Weeks Before the Procedure	
Foods	No change
Liquids	Drink plenty of water
Medications	Hold - GLP1 Agonist Medication: • Dulaglutide (Trulicity) • Exenatide (Byetta) • Exenatide Extended Release (Bydureon BCise) • Liraglutide (Victoza) • Lixisenatide (Adlyxin) • Semaglutide (Ozempic, Wegovy, Rybelsus) • Tirzepatide (Mounjaro)



1 Week Before the Procedure	
Foods	No Nuts or Seeds - berries, cashews, corn nuts, peanuts, pecans, popcorn, walnuts Low Fiber Diet • Foods - white bread, cheese, eggs, yogurt • Soups - clear vegetable, chicken or beef broth • Vegetables - cooked without skin like mashed potato • Fruits - pureed fruits without skin like applesauce
Liquids	Drink plenty of water
Medications	• Take as usual unless otherwise instructed • Hold - Anti-Diarrheal Medication - Imodium, Kaopectate, Pepto-Bismol • Hold - Iron Tablets • Hold - Multivitamins • Pharmacy ○ Fill or buy preparation medication ○ Pick up 3 days before your procedure



1 Day Before the Procedure	
Foods	• Clear Liquid Diet • Soups - clear vegetable, chicken or beef broth • Juices - clear only without pulp
Liquids	• Drink plenty of water • No alcohol • No red or purple colored drinks
Medications	• Hold - Oral Diabetes Medication • Insulin - Take ½ the dose the entire day • Blood Pressure Medication - The pre-anesthesia team (PAT) will instruct you on how to take your blood pressure medications. • All other medications - continue as normal
Procedure Day	
Foods	No food or liquids the day of the procedure



Medication Instructions	
Attention	
Expected Symptoms Do not stop the bowel preparation	• Abdominal Pain • Bloating • Cramps • Diarrhea • Gas • Nausea
First Dosage [Mango] → 10pm – 11pm	
Step 1 10pm–10:30pm	• Mix Dose 1 pouch & 16 ounces of water • Drink the mixture
Step 2 10:30pm – 11pm	Drink 16 ounces of water
Second Dosage [Fruit Punch] → 4am – 5am	
Step 1 4am – 4:30am	• Mix Dose 2 Pouch A & Dose 2 Pouch B & 16 ounces of water • Drink the mixture
Step 2 4:30am – 5am	Drink 16 ounces of water
12am	
Foods	No food or liquids after midnight except prep solution