



## Plenvue Prep

**Before starting your prep make sure you have the following items:**

- 1 bottle of magnesium citrate (over the counter)
  - 1 box of plenvue- (prescription provided by office 3 days prior to procedure, will be sent electronically to pharmacy)
1. On the day before your procedure please maintain a liquid diet example: coffee, tea, fruit juices, sodas, chicken/beef broth, Gatorades, jellos, and popsicles!
  2. Do not drink any liquids with red/purple color to them and NO DAIRY PRODUCTS!
  3. Please stay on this liquid diet from the time you wake up all the way till midnight.
  4. Please drink the bottle of magnesium citrate @ 9am the day before your procedure.
  5. Use the Plenvue mixing container to mix dose pouch 1 with 16oz of water. Drink within 30 min. at 6PM. Then drink 16oz of water.  
Repeat same steps with pouch A & B at 10PM.
  6. After midnight **DO NOT EAT OR DRINK ANYTHING! THAT INCLUDES WATER!**