



Dr. John Alvarez
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PLENVU

(The Day Before Your Exam)

- 1) The day before your procedure, please maintain a Clear Liquid Diet, Examples: Coffee (**Just Black, NO Dairy Substitutes such as Almond milk, oat milk or Coconut milk**), Tea, Fruit Juices, Sodas, Chicken/beef broth, Gatorade , Jello's and popsicles.

Do not drink any liquids with red or purple color to them and no dairy products.

- 2) **At 5 Pm**, Use Plenvu Mixing container to mix dose pouch 1 with 16 ounces of water and drink it within 30 minuets
- 3) **At 3 am (The Morning Of)** - repeat the same steps as number 2 with pouch A&B

4) Nothing By Mouth after the second prep .
PLEASE DO NOT DRINK ANYTHING, THAT INCLUDES WATER

DO NOT TAKE BLOOD THINNERS:
WARFARIN, COUMEDIN OR TICLID 3 DAYS BEFORE YOUR EXAM
PRADAXA, XARELTA OR ELIQUIS 2 DAYS BEFORE YOUR EXAM

- You Will Need to Be Dropped-Off and Picked Up by a Family Member.

NO UBER, LYFT , VIA BUS, TAXI OR COMFORT CARE CAN PICK YOU UP!
(DUE TO NEEDING TO BE SIGNED OUT / RELEASED)